POPPING IRON! THE MIRACLE MINERALS YOU NEED IN YOUR DIET

jiu-jitsu magazine™

NUTRITION, CONDITION, TECHNIQUE, SUBMIT

ANY LAST WORDS?

Eddie Bravo *has sentenced you to the* **Electric Chair!**

The Advantages of Advantages?

+ Get A Grip
Find the right grip every time, with or without the gi.

+ Mom Was Right!
You've got to eat your greens

+ It's In The Bag
Adding The Bulgarian Bag To Your Workouts

NEW CHAMPIONS CROWNED

2015 IBJJF WORLDS COVERAGE

Work **The X-Guard** Like a Pro

July 2015 Issue 34

$7.99

0 09281 01085 2 07>

1

Bulgarian Tribulus

(tone and definition)

- Herbal testosterone booster standardized to 45% (750 mg) steroidal saponins

2

Daily Complete Formula

(fat and carb metabolism)

- 100% or more of the daily value for 21 vitamins and minerals

3

Horse Power® X

(pre-workout turbo charger)

- Features TORABOLIC™, creatine, and ß-alanine for jacking-up strength and lean mass

4

Muscle Juice® Revolution 2600

(high octane mass gainer)

- Time-release complex carb blend plus 8 key proteins

THE SUPPS

Combined with the proper diet and a kick@ss workout regimen, these 8 supplements will give you the ammo to rebuild and reload!

Please consult a physician before beginning this or any diet/exercise program, particularly if you have a pre-existing medical condition. The workouts and meal plan contained within are intended for adults ages 18 and over.

THE MEAL PLAN

Total Nutritional Intake:

CALORIES: 5,127 | FAT: 109 G | CARBS: 635 G | PROTEIN: 434 G

Meal 1 (6:00 AM)

- 4 eggs (boiled or poached)
- 2 slices of wheat toast
- 4 ounces of oatmeal with non-fat milk
- 8 ounces of apple juice
- 1 capsule of **Bulgarian Tribulus**
- 3 tablets of **Daily Complete** multivitamin

AM WORKOUT (7:00 AM)

(flip to following page for details)

- 2 to 3 scoops of **Horse Power® X** mixed in 8 ounces of water (drink 15 minutes prior to working out)

Meal 2 (8:30 AM)

(or immediately following workout)

- 1 serving of **Muscle Juice® Revolution 2600** mixed in 18 ounces of whole milk

Meal 3 (NOON)

- 8 ounce portion of grilled tilapia
- 1 baked potato
- 1 cup of brown rice
- 1 serving of **Prostar® Whey Protein** mixed in 12 ounces of non-fat milk

Meal 4 (2:30 PM)

- 1 serving of **Iso Mass Xtreme Gainer®** mixed in 16 ounces of non-fat milk

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These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

ULTIMATE NUTRITION®

5

Prostar® 100% Whey Protein

(fast-track protein delivery)

- Quickly shuttles nutrients to fatigued muscles with 25 g of protein per scoop

6

Iso Mass Xtreme Gainer®

(shredded muscle and ean mass builder)

- 7 types of fast-acting creatine, 4 muscle-pumping N.O. precursors, and 3 mass-generating carb sources

7

Flavored BCAA Powder

(refuels fatigued muscles)

- Over 6 g of branched-chain amino acids per serving in 8 great flavors

8

Prostar® 100% Casein Protein

(steady-release protein)

- 24 g of slow-digesting protein per serving to stimulate muscle growth while you sleep

PM WORKOUT (5:30 PM)
(flip to the following page for details)

- 1 serving of **Flavored BCAA 12,000 Powder** mixed in 8 ounces of water (drink while working out)

Meal 5 (6:30 PM)
(or immediately following workout)

- 8 ounce portion of grilled chicken
- Salad with 1 tablespoon of flaxseed oil as dressing
- 1 cup of raw broccoli
- 1 cup of seasoned green beans
- 16 ounces of water
- 3 tablets of **Daily Complete** multivitamin

Meal 6 (9:30 PM)

- 1 serving of **Prostar® Casein Protein** mixed in 12 ounces of non-fat milk

SLEEP (no later than 10:00 PM)

The 7 supplements featured here are formulated to bombard muscle tissue from all angles, morning, noon, and night. They'll increase your capacity to power through workouts, pack on rock-hard mass, and improve recovery and muscle protein synthesis.

We've also included our exclusive meal plan as a roadmap to fuel your body with the optimal amounts of protein, nutrients, and healthy fats to build shredded muscle. Train hard, follow our guide . . . and soon your frame will be bursting at the seams.

Remember, your body is a reflection of your mindset. What better place to think big than Vegas?

PUMPIN' AIN'T EASY

But nothing worth having ever is.

And Ultimate Nutrition® has the tools to make it (a little) easier.
Follow our exclusive Meal and Supplement Plan and you'll be turning heads in no time!

ON THE COVER:
Once again Eddie Bravo graces our cover, this time with an Electric Chair.
Photo: Jason Boulanger

POPPING IRON! THE MIRACLE MINERALS YOU NEED IN YOUR DIET
jiu-jitsu
ANY LAST WORDS?
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Work The X-Guard Like a Pro

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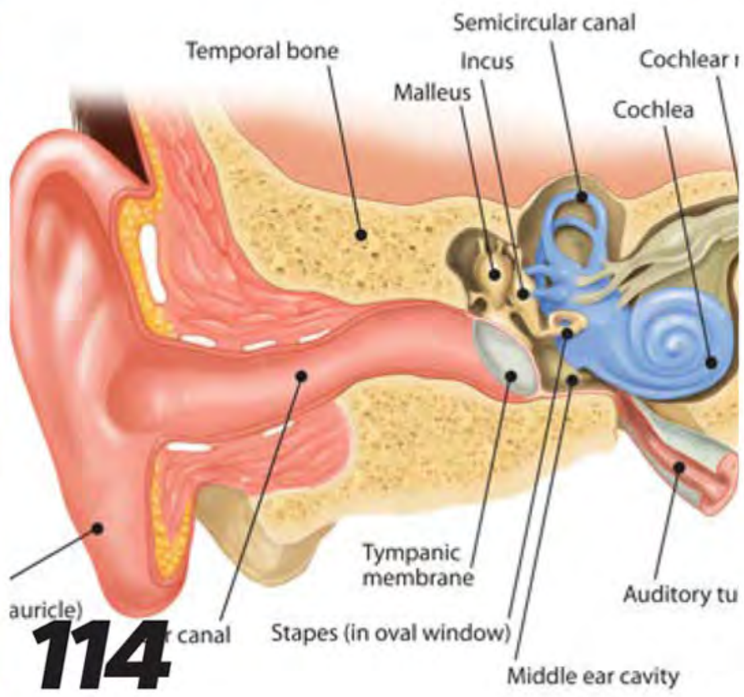
MEET THE STAFF

Will
SAFFORD
Certified Strength and Conditioning Coach who trains under Andre Galvao in San Diego, CA. Will specializes in mobility training, injury prevention, and kettlebell strength and conditioning. For more info visit his website at **ironwillathletics.com**

Matthew
CORLEY
Is a blue belt and Registered Pharmasist and clinical phramacy manager who trains under Ezra Lenon. The best way to keep up with his articles and reviews is at **facebook.com/MappingMyBjjJourney**

Deb
BLYTH
Deb Blyth known around the world as one of the premier jiu-jitsu journalists. She's an accomplished author who has traveled the world to get the story and is the most connected reporter in all of jiu-jitsu.



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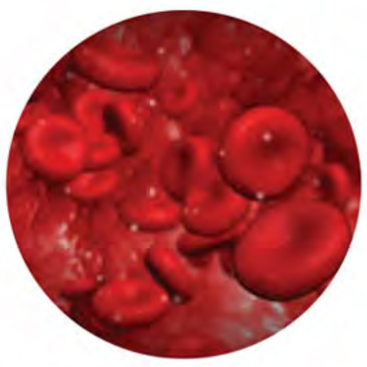

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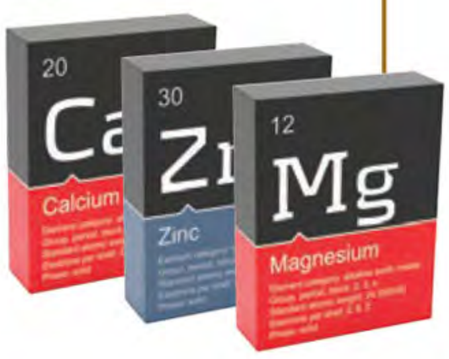

Travis **GUESNON** began his love for grappling and fitness more than ten years ago here in Southern California and has turned that passion into a career helping Mike steward this fine publication. He has been training jiu-jitsu since 2009 under John Munoz at C-quence JJ/MMA in Norco, CA.

Marshal D. **CARPER** Is a purple belt under Sonny Achille. In addition to owning Artechoke Media, Marshal is the author of books like The Cauliflower Chronicles and Marcelo Garcia's Advanced Jiu-Jitsu Techniques. His latest project is **WhiteBeltProblems.com**, a free open-source resource devoted to making jiu-jitsu more accessible for beginners.

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"I'M ON THE MATS ALL NIGHT TO GET LUCKY!"

RECENTLY, I WAS LISTENING TO AN INTERVIEW WITH BARRY STERNLICHT. Barry is the founder and CEO of Starwood Capital Group (think Sheraton, Starwood, and W Hotels). He grew up poor and the son of a Holocaust survivor. He's had an up and down professional career. At 31, he was broke and drawing unemployment. But then he got "lucky" and now manages over 40 billion dollars in assets. He is also the Chairman of the Robin Hood Foundation, one of the country's largest charities aimed at ending poverty by doing more than just providing handouts. So, why am I talking about Barry and his luck? During the interview, Barry made a comment that struck a chord. He said, "Luck is when preparation meets opportunity." Aside from an example, like winning the lottery or being dealt an Ace and a Jack at a blackjack table, I can't think of too many situations where this quote doesn't apply, in life in general and especially in endeavors like sports. A more simple expression of this quote would be, "you make your own luck."

However, Barry's quote is more explanatory and to the point. When you see highlights on Sports Center of a wide receiver making that amazing one-handed catch, even the fans wearing his colors will say something like, "What a lucky catch!" But luck had nothing to do with it. Everyone on the offense had been preparing for that moment for years. The preparation may have begun when those players were six or seven years old and attended their first Pop Warner practice. From that moment on the preparation began. When that opportunity presented itself, maybe in the Super Bowl or in a regular season game, those years of preparation showed up as luck. In life, that preparation may show up as honing and mastering the skill you use to put food on the table, organizing your day, or putting things in order so you can be there to witness those special moments with your children. In jiu-jitsu, it shows up when you're in a long, hard match and your opponent leaves something out there (the opportunity) that you recognize and can exploit, thanks to so many countless hours of training, even when you're tired yet continued to push through (the preparation).

It's good to be "lucky." I guess you could look at buying that lottery ticket as preparation, but the luck I'm talking about is the luck you create. Looking at certain things through this prism might help to ease the pain of persevering through tasks that might seem unpleasant at the time. Like you, I LOVE training jiu-jitsu; there are few things in life I enjoy more. Then there are those times when I'm tired, maybe I'm a little bruised up, or there are other things weighing on my mind and it might be easier to skip a few rounds of training. Those are the times when you must look at your training as preparation. Doing this will help you to be ready to be lucky when that opportunity strikes.

In the documentary, Pumping Iron, Arnold Schwarzenegger makes reference to preparation and opportunity colliding. Arnold said that those who would get in just one, two, or three more reps and pass that "pain barrier" is what "divides one from being a champion and not being a champion." To Barry, this is the preparation that led Arnold to step up on stage and get lucky.

So, go train and get lucky!

Keep Rolling,

MIKE VELEZ
Editor/Publisher
mikev@jiujitsumag.com

jiu-jitsu magazine

EDITORIAL STAFF
Editor & Publisher
Mike Velez
Associate Editor
Deb Blyth
Assistant Editor
Travis Guesnon
Contributing Authors
Matthew Corley, Dr. Ethan Kreiswirth, Will Sanford, Mike Calimbas, Marshal Carper, MacKenzie Arrington Dave Costello, Will Thompkins

ART & PHOTOGRAPHY
Art Director
Dave Palacios
Contributing Photographers
Jason Boulanger, John Cooper Kenny Jewel, Mike Lee, Mike Calimbas,

PRODUCTION & ADVERTISING
Production Director
Paula Fountain
Advertising Sales
Mike Velez
Circulation Manager
Tom Ferruggia

ADDRESS CHANGE & SUBS
Phone: 1.877.834.3552 ext. 227
Web: jiujitsumag.com

ADVERTISING & SALES INFO
Available upon request, Contact:
Jiu-Jitsu Magazine
PO Box 2405
Chino Hills, CA 91709
ph: 1.877.834.3552 ext. 221
fax: 909.591.1251

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GROUNDWORK PROJECT

IN 2014, VK (VANDAL KIMONOS) BEGAN THIS UNIQUE PROJECT AS A MEANS OF ASSISTANCE FOR UNDERPRIVILEGED YOUTH TO PARTICIPATE IN JIU-JITSU PROGRAMS IN HAWAII AND EVENTUALLY AROUND THE WORLD. “Our goal is to furnish sponsorship to provide for them, tuition and required training equipment, and to work closely with instructors to be sure the youth athletes are adhering to the training programs set forth and are attending on a scheduled basis. 100% of all donations and 50% of all merchandise sales go to fund the project. To sponsor a youth athlete in need contact **info@vandalkimonos.com.**

VK decided that there’d be no better way to show their passion so they created the Limited Edition Groundwork Project gi. The bright, neon green stitching featured on this black gi is an immediate eye catcher. Its jacket is a 450gsm pearl weave with an EVA foam collar, while the pants are 12oz canvas and include a pearl weave gusset. All major stress points are triple stitched throughout the gi. It’s available in sizes M00-M3 and A00-A5, with options of L (long), F (fitted), and H (husky) as well. To go along with this great looking gi, VK has plenty of rashguard models to choose from, as well as the Supreme Standard t-shirt.

vandalkimonos.com

GIVING CREDIT WHERE IT’S DUE

We’ve recently been informed that the photos for the Submission Series tournament on page 20 in our April issue were originally incorrectly credited and taken by David Brown.

A LITTLE BIRDIE TOLD US...

...that EBI4 is coming this August 15. Contestant names for the exciting winner take all tournament have yet to be announced; however, it will be a 16 man tournament at 145 lbs with a confirmed $10K on the line, but a strong possibility of $20K. If all goes as planned, it will once again take place at the Orpheum Theatre in Los Angeles, CA, as well as be available on streaming online PPV.

eddiebravoinvitational.com

A WORLD IN FLUXK

If you've been paying attention to these pages recently you might have caught a glimpse of what you original thought was a typo – well it wasn't. FLUXK is a new brand hitting the jiu-jitsu scene borne from a single minimalistic concept that there's beauty in simplicity. Their moto; "Train, Explore, Create" sums it up nicely. FLUXK has committed to giving back an incremental percentage of sales to the jiu-jitsu community. Their first gi is the FLUXK Toiler Gi; it's handsome, rugged, and strong. The jacket is made from 500gsm Gold Weave 100% cotton, triple reinforced stress points, EVA foam collar and features a clean, minimalistic look. The pants are made of 10oz drill cloth cotton, triple reinforced with knee padding. The Toiler is available in either blue or white and is available in nine different men's sizes, A0, A1, A1L, A2, A2L, A3, A3L, A4, and A5. A women's or "fitted" cut is available in F1, F2, and F3. Take your pick, all sizes are available for $139.95 at the FLUXK website. Other new items available at launch include this hat, shirt, and hoodie, a full compliment of belts, and patches. We like the minimalist theory in life and jiu-jitsu. If you agree, then check out FLUXK today.

fluxk.com/bjj

Straight From The Peregrine Falcon

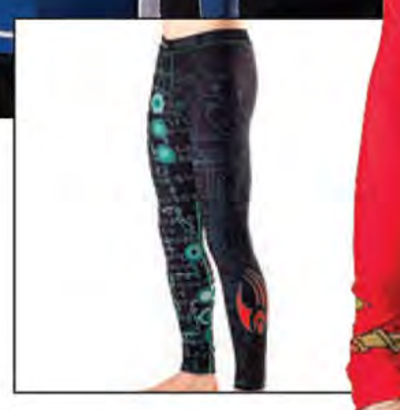
It looks like the fastest flying bird and Hayabusa mascot, literally dropped this at our door, just before going to print. The new Shinju gi is an awesome sight to say the least. The jacket is designed with 550 gsm pearl weave material and comes packaged with 10 oz cotton ripstop pants. All are made from tight weave material that's reinforced with double ply fabric, designed to deliver enhanced strength and tear resistance. It's available in sizes A0-A5.

hayabusafight.com

Livin' In the 80's

If you're a child of the 80's or even 90's, you're going to LOVE Fusion Fight Gear. They're unleashing everyone's inner geek with a line-up of "official liscened" gear. Brands include; Star Trek, Top Gun, Star Trek [Next Gen], Street Fighter, RoboCop, Voltron, Masters of the Universe, DC Comics, Mortal Kombat, 300, Rocky, Bloodsport, Terminator 2, and others. Fusion FG is launching with rashguards and spats that will get you automatic admittance into Comic-Con next time around.

fusionfightgear.com



GUI MENDES RETIRES

The AOJ superstar has official announced his retirement from competition via **@mendesbros** Instagram page at the young age of 26. Here is his statement: "We all have different goals that we set up for our lives. When I started Jiu Jitsu at 12 years old my goal was to become really good at it, because I knew that being really good at something would provide me a chance to have a good future and build a family. When I got my black belt I realized that slowly my dream was turning into reality. Last year I won my 4th World title in the black belt division, the number that the IBJJF requires to make you eligible to enter the Jiu Jitsu Hall of Fame. My life has changed a lot and I feel very blessed to have the option to redirect my goals, dedicating myself to do something bigger than just competing. It's a new chapter in my life and to achieve my goals I'll put the same effort that I've put to become the athlete that I am today. I want to lead my team, become the best I can be as a leader and professor, work to create the best athletes in the sport, keep innovating the art and build a team of champions that people have never seen before. Today, this is what drives me forward. I know that winning another gold medal would feel good for the moment, would make me proud of myself one more time, but I'm ready to do something bigger now and I know that I can do it."

Catching Up To His Father

During the month of April, Grandmaster Carlos Gracie's son, founder of Gracie Barra, and the founder of the IBJJF, Carlos "Carlinhos" Gracie, Jr. took a major step in ranking as he was promoted to red and white belt (equivalent to an 8th degree black belt). Now, at the young age of 59, Carlinhos appears to be destined to join the likes of his father and other greats within 10 years. Congratulations, Carlos!

graciebarra.com/2015/05/carlos-gracie-jr-new-belt/

Metamoris 6, Magic or Meltdown?

For the first time ever, a Metamoris event was closed to both the media and the public, and was solely available on streaming online PPV. Jeff Monson was initially scheduled to meet the Road To Metamoris winner, Jimmy Friedrich, but withdrew due to the untimely and unfortunate death of his mother. Our condolences go out to Jeff and his family. Friedrich instead took on late replacement, Evandro Nunes, with the match ending in a draw. Exciting would be the word to describe Clark Gracie vs Roberto Satoshi. The two threw tons of attacks at one another and used tough, gritty defenses to just avoid submissions in this action packed match. Neither, however, could one up the other for the victory. Old school met new school, as two of the best ever, Xande Ribeiro and Keenan Cornelius pushed one another in a great match, but unfortunately the third time was not the charm as another draw took place. UFC vet, Joe Lauzon proved no match for the highly touted Dillon Danis, who dominated from start to finish and ended the match with a rear naked choke. The grudge match between Chael Sonnen and Renato 'Babalu' Sobral proved to be a less than stellar co-main event. Capping the event, was Josh Barnett taking on another late replacement in Ryron Gracie due to an injury suffered by Roberto 'Cyborg' Abreu. Though he fought valiantly, the combination of 'The Warmasters' size, power, grinding assault, and technique proved too much for Gracie as he tapped to a toehold.

metamoris.com

When One Door Closes, Another Opens

Gui Mendes may have just announced his retirement, but another multi-world champion has realized if he doesn't come back now it may be too late. Exchanging the gloves for the gi, Roger Gracie has announced that he will indeed return to the competition mats for jiu-jitsu.

http://iroll.tv/?p=10123

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fluxk.com/bjj

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FLX002B

BJJ Saves The Day

A man in Wesley Chapel, Florida chose the wrong shop to rob, not knowing it was next to a jiu-jitsu school. The 30-year-old man was detained by co-owner and instructor, Jason Carrio, as he attempted to steal over $15K worth of products. Carrio and his teammates notified the authorities and the man was taken into custody by local authorities.

SSSUUUPPPEEERRR LEAGUE!

In our previous issue, we announced that FIVE Grappling would be hosting a women's tournament that includes Mackenzie Dern, Luanna Alzuguir, Michelle Nicolini, Tammi Musumeci, Luiza Monteiro, Angelica Galvao, and Fabiana Borges. The final entrant has been named as Nyjah Easton. We also have a confirmed date of August 2nd and that the event will be held at Studio 540 in Solana Beach, CA. These 8 women will be competing for $17,500 worth of prize money, but it doesn't stop there. Rumor has it that 8 of the best male competitors will also be going at it for a separate pot of $17,500 as well. The winners will take home $10K, 2nd place finishers $5K, and 3rd place finishers $2.5K. No names are confirmed yet, but some being thrown out there include Keenan Cornelius, Joao Assis, James Puopolo, AJ Agazarm, Tim Spriggs, Murilo Santana, Bruno Bastos, and Hector Lombard. There will also be two super fights featured at the event, with one being in the form of a rematch between two of the world's best is also in the works.

fivegrappling.com

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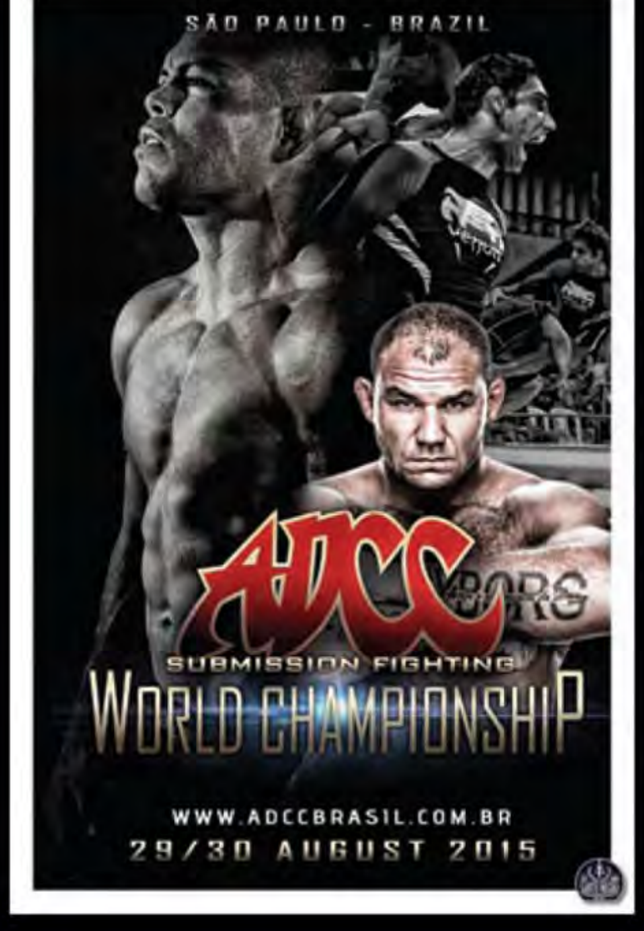
COMING THIS AUGUST THE ADCC IN SAO PAULO, BRAZIL WILL FEATURE THREE SUPER FIGHTS BETWEEN ANDRE GALVAO VS ROBERTO 'CYBORG' ABREU, RENZO GRACIE VS MATT HUGHES, AND ZE MARIO SPERRY VS RICARDO LIBORIO. While those are all great matches, the list of tournament competitors has grown tremendously and is sure to produce an amazing event. The most highly anticipated match may come between Kron Gracie and Garry Tonon should they meet again. Rising stars 'Geo' Martinez and Eddie Cummings will be ones to watch for, as this is their first event. Here's the current [incomplete] list according to weight divisions:



» -60kg (Female)

1. Michelle Nicolini
2. Mackenzie Dern
3. Ana Michelle Dantas
4. Mayra Mello Mazz
5. Tammi Musumeci
6. Bia Mesquita

» +60kg (Female)

1. Gabi Garcia
2. Fernanda Mazzeli
3. Cristiane "Cyborg" Justino
4. Jéssica Da Silva Oliveira
5. Amanda Santana

» -66kg

1. Rubens "Cobrinha" Charles
2. Rafa Mendes
3. Jeff Glover
4. Justin Rader
5. Joao Miyao
6. Eddie Cummings
7. Geovanny "Geo" Martinez
8. Renan Sancar
9. Gabriel Marangoni De Oliveira
10. Tezekbaev Rasul
11. Asadulaev Surkhay
12. Jeff Curran

» -77kg

1. Kron Gracie
2. Otavio Sousa
3. Garry Tonon
4. Davi Ramos
5. Gabriel "Palito" Rollo
6. Vagner Rocha
7. Enrico Cocco
8. JT Torres
9. Lucas Lepri
10. Lachlan Giles
11. Gamrot Mateusz
12. Benson Henderson

» -88kg

1. Romulo Barral
2. Rafael Lovato Jr.
3. Keenan Cornelius
4. Braulio Estima
5. Claudio Calasans
6. Mike Perez
7. Matt Arroyo
8. Lucas Leite
9. Craig Jones
10. Zbigniew Tyszka

» -99kg

1. João Assis
2. Felipe Pena
3. Dean Lister
4. Roberto "Tussa" Alencar
5. Cassio Francis Da Silva
6. Jason Bukich
7. Tom DeBlass
8. Tobias Green
9. Tomasz Narkun
10. Hector Lombard

» +99kg

1. Marcus "Buchecha" Almeida
2. Leonardo Lucio
3. Gabriel Lyrio Lucas
4. Paul Ardila
5. Jason Lees
6. Lee Hyoung chul
7. Alexander Trans
8. Orlando Sanchez

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SUITED UP!

By the time you read this, the gi Worlds will have passed, but the No-Gi Worlds are coming and you probably need a rash guard for it. Submission Fight Company's Submission IBJJF Ranked Rash Guard is eco-friendly as it's made out of recycled polyester/spandex blend material, with anti-bacterial, moisture wicking and odor resistant technology. The cool sublimated printing never cracks, peels, or fades, so the logo will always stand out. It's available from sizes S-XXL with white, blue, purple, brown, or black sleeves for whatever your rank may be.

Submission Fight Co. also has released a gi specifically for the tiny terrors of the mats in "The Sprout." It's a very light and soft so we're guessing it's comfortable) blend of cotton and polyester materials with a 350 GSM single weave top and 10oz twill pants. Contrast stitching runs throughout the gi, all stress points are heavily reinforced, it's also IBJJF approved, and is available from size K0 up to K4.

submissionfightfc.com

COPA PODIO RETURNS...

...and the event didn't disappoint. In a lightweight challenge match, 'The King of the Anaconda Choke' Milton Viera edged out Goiti Yamauchi by advantage. Meanwhile in the middleweight challenge, Gregor Gracie defeated Daniel Moraes via head-and-arm choke. High flier Edwin Najmi showed off other tools in his arsenal, finishing Spain's Alex Cabanes by rear naked choke, to keep America as the favorite in the Country Challenge match. Leandro Lo once again reigned supreme, winning by points in his super fight with Sergio Moraes. The Heavyweight Grand Prix was the main attraction and featured Tim Spriggs, Erberth Santos, Eduardo Inojosa, Delson Heleno, Vinny Magalhães, Nelton Pontes, Maks Wisnieviski, Victor Honório, and 2015 Middleweight champion, Felipe Pena, as a replacement for the injured Rodolfo Vieira. In the end, Pena would go on to claim the crown, making him a two division champion under the Copa Podio banner. You can watch the entire event for free on the Copa Podio website!

copapodio.com

Photos by: Hywel Teague

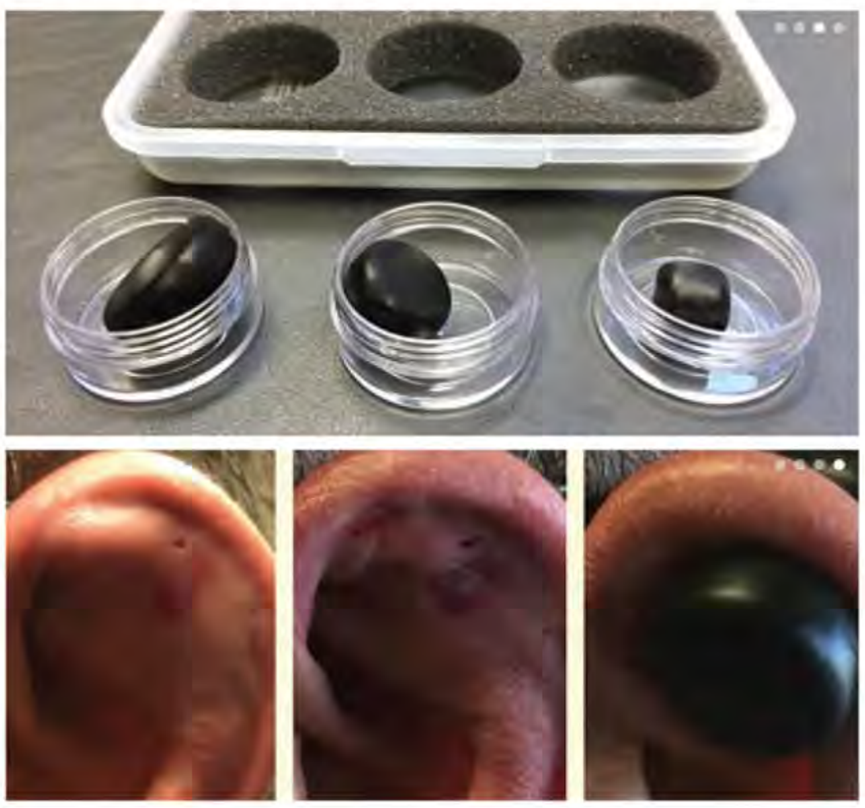
FOR A GOOD CAUSE

Checkmat's Tarcisio Jardim earned a bronze medal in the Heavyweight division at this year's Brazilian Nationals. What's more impressive is what he dealt with to get there. While prepping for the tournament just days before, his academy in Paraíba Brazil was burned to the ground. Though he may have lost everything inside, further tragedy was averted as his mother's home next door was not reached by the flames. Tarcisio plans to rebuild his academy bigger and better than before. If you'd like to help, you can donate funds by scanning the QR code above.

Do You Hate Cauliflower?

Chiropractic Dr. Bryan Ales does, but not the vegetable kind. Like a lot of jiu-jitsu practitioners, Ales suffered early on from cauliflower ear. He got the usual advice, constantly drain it, have surgery, wear headgear, etc. Instead, he opted for over 3 years of research and a lot of trial and error to develop CauliCure, a reusable, compression system that assists with binding the cartilage back together with soft tissue.

caulicure.com



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ALWAYS ON THE BATTLEFIELD

ALEX MARTINEZ SAW HIS JIU-JITSU JOURNEY BEGIN ON THE MATS, BUT THEN SAW HIS SCENERY CHANGE DRASTICALLY FOR 2-½ YEARS WHILE IN AFGHANISTAN AS PART OF THE MARINE CORPS. We're glad he came home safe, but also glad to hear that he didn't lose any training time, as he found like-minded individuals to partner with while overseas who used it as an escape. Currently, you can find Alex at The Academy of Martial Arts in Idaho Falls, Idaho; which is where his instructor and Pedro Sauer black belt, Jared Emfield, promoted him to purple belt. Great job, Alex and thank you for your service!

Paying It Forward

Black belt and full-time Law Enforcement Officer, Boyd Williams, wanted to congratulate his good friend, a fellow officer and retired U.S. Navy veteran, Rich Thomas on recently earning his brown belt. Boyd states, "Rich has poured his heart into the program and our entire school," serving as one of the volunteer head coaches at the Key West Police Athletic Leagues Brazilian Jiu-Jitsu Program of Key West, Florida. It is an affil te under Roland Malone BJJ, a Pedro Sauer black belt. The school is run for free through local agencies and the business community coming together to help children train for free. The offer extends over to current and former military personnel, as well as to parents, when they agree to volunteer for the kids program. Congratulations, Rich on your individual success, thank you for your service and congrats on the success of the Key West program as well! OSS!

Can't Stop, Won't Stop!

Ben Lozano and Carlos Eduardo (instructors at Red River BJJ in Wichita Falls, Texas) couldn't be prouder of their pupil Jeremiah Mendez who has been bitten by the jiu-jitsu bug badly! Mr. Mendez is an absolute jiu-jitsu fanatic! He let us know how much he looks forward to picking up each new issue of JJM on the newsstand and testing himself both on the mats, as well as in the cage. Last year, Jeremiah competed as much as he possibly could; sometimes at four events in four weeks. This year he was awarded his blue belt just weeks before winning an MMA fight by armbar and getting Submission of the Night! Awesome stuff, Jeremiah and thank you so much for your continued support!

Retirement Plan

After 20 years of service in the U.S. Navy, William Bolton knew exactly what he wanted to do upon retirement in 2011... live the jiu-jitsu lifestyle. He had always been a fan of the gentle art and has been honing his new craft unde Dean Grant of the Atlantic Beach Combat Club in Jacksonville, FL. Through questioning his ability and technical knowledge of the art, William kept pushing and achieved the rank of blue belt. Nice job and thank you for your service, William!

The Black Belt Hunter

It's not what you think, but it is the head instructor of Dynamic Jiu-Jitsu in Rochester, IN, Chris Papandria, who is looking to elevate his martial arts game even more. With over 24 years of martial arts training, including a black belt in judo and another in kick boxing, Chris is set on one day capturing that third black belt in Brazilian jiu-jitsu. Well, he's now one step closer as he was promoted to brown belt recently by Royler Gracie black belt, Jason Fox. Awesome stuff, Chris!

A Healthy Addiction

Another returnee this month to Promotions is Jerard Simpson. In last years final issue, the brand new white belt and commercial diver dove into jiu-jitsu training 6 to 7 times a week at Gracie Barra Westchase in Houston, earning 2 stripes in a blistering 4 months! Keeping the hot streak going, Jerard recently found himself on top of the podium at the Houston Open in the Master's Medium Heavy division and was promoted to blue belt by Inacio Neto. Awesome job, Jerard! We're sure we'll see you again soon.

YOU'RE A HERO TO SOMEONE

In the past, Charlie McElroy of the team NJ United in New Jersey didn't know he'd be a hero. His son loves superheroes and all they stand for; however, Charlie was a 300-pound, chronic smoker and realized he was far from being one. He didn't want his son to see him like this or worse yet, not be there for him. He credits his instructor Jay Hayes, his teammates, and, of course, his son, for helping him get to a better place. After a year of training, at the age of 49, he stopped smoking, has dropped over 50 pounds and is still losing weight. He recently earned his blue belt, while being an inspiration to his son and now he's in JJM. Way to go, Super Dad!

Email

SEND US YOUR PROMOTION PHOTOS along with your name, school, instructor, and a little back story. Email us with the subject line, **"Pro Motions"** to *feedback@jiujitsumag.com* and keep an eye out for your Pro Motions in a future issue. School owners, please hold off on sending "group" promotions, and please keep it to specific individual students. *JJM*

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HAYABUSA

THE CRUCIFEROUS FAMILY

LIKE THE GRACIE'S OF VEGGIES

Travis Guesnon

JOE ROGAN HAS STATED IN THE PAST, "THERE ARE BLACK BELTS AND THEN THERE ARE BLACK BELTS." He is implying that the latter are the cream of the crop as compared to all the others. The same can be said about vegetables that are in the cruciferous category. Cruciferous vegetables are super-veggies from the cabbage family that are very green and leafy when being grown. These types of vegetables are rich in vitamins, minerals, fiber, antioxidants, anti-inflammatory properties, and phytochemicals; all which are beneficial to you being a healthier individual. They'll keep you lean, help you digest other foods more adequately, thus providing you with more energy in the process. Not to mention, the nutritional structure of cruciferous veggies helps prevent cancer through glucosinolates, oxidative stress, and cardiovascular disease.

THE BEST OF THE BEST

There's a large variety of cruciferous vegetables, but these are your top guns. Each of these vegetables is packed with antioxidants to protect your body against inflammation and free radicals. The low-calorie, high nutrient-ratio puts them in the category of superfoods when it comes to weight management and energy production. Let us look at the contenders, shall we?

BROCCOLI

Broccoli's origins stem from Italy during the Roman times and the vegetable cultivated in the country for years before arriving in the United States. Italian immigrants first introduced the most well known cruciferous vegetable to date during the colonial times. Broccoli is easily identifiable by its large stalk base with small stems growing out of its side and a head of florets on its top. Since there are multiple facets to its figure, broccoli has various tastes and textures. The florets on top are soft in contrast to the crunchiness of its stems and stalk. When the image of broccoli comes to mind, it's usually envisioned as being a vibrant, dark green, but can also be found to have deep sage or purplish-green color properties. While it's full of a vast array of vitamins and minerals, it's best and most noted are Vitamins A and C, as well as folate. Vision health and development is the primary function of Vitamin A, but it also helps the development of bones, aids in immune function, and fights against infections. Broccoli's main chemical is that of folate, which is a natural B-vitamin that makes up our DNA, genetic material, and one of the main nutrients of red blood cells.

CAULIFLOWER

Cauliflowers roots stem (no pun intended) from ancient Asia Minor, where it was discovered to be related to wild cabbage. However, others believe it originated in China. Either way, cauliflower has made many metamorphoses over the years while being found in a variety of countries. The curd (or head of the cauliflower) is roughly around six inches in diameter of undeveloped flower buds, which are attached to a central stalk. Cauliflower typically is white, but can at times be light green or purple. Between these leaves and the florets are smaller, tender leaves that are edible. Like broccoli, cauliflower is an excellent source of vitamin C, folate, and dietary fiber, as well as, vitamins K, B6, and B5. Vitamin K assists in preventing blood clots and heart disease, and building strong bones. Complex B vitamins, such as B6 assist our bodies in converting food into energy while helping metabolize proteins and fats. Vitamin B5 alleviates stress and anxiety, among many other functions. It also is a good source of vitamins B2, B1, omega-3 fatty acids, manganese, phosphorus, biotin, protein, niacin, and magnesium.

CABBAGE

The granddaddy of the group, cabbage is from where all other cruciferous vegetables have developed. Originally, the cabbage we know today was spawned from wild cabbage, which looked more like kale or collards since the leaves didn't form a head. This wild cabbage was discovered by Celtic wanderers around 600 B.C. and brought to Europe. Considered a panacea during the times of the Ancient Greeks and Romans it was not only used for consumption, but to treat many health conditions. The delicacy can be found in either pale to dark green cabbage, with crimson or purple leaves with white veins like that of red cabbage or the ruffled yellowish-green leaves of Savoy cabbage. At this time, red cabbage is considered the healthiest of the three due to its higher levels of antioxidants, anti-inflammatory and other preventive care properties. The nutritional background of today's headed cabbage mirrors that of cauliflower, but also contain potassium, copper, choline, calcium, selenium, and iron.

KALE

Of the four vegetables in this article, the one making the most noise culturally is kale. With its extreme array of excellent nutrients, this superfood is being consumed as an addition to a meal, smoothie, or juice. Go to any juice bar and health food store and there's no doubt you'll find kale available. The same Celtic wanderers who brought cabbage to Europe did the same with kale, and since then it's been a significant crop. Ultimately, it was English settlers who brought this ultra fibrous vegetable to states in the 17th century. Kale is the ultimate nutritional standout among all of the cruciferous family in terms of antioxidant and anti-inflammatory nutrients, needed micronutrients, and cancer-preventive glucosinolates. Kale contains at least 45 different flavonoids, but it doesn't stop there. Beta-carotene, manganese, copper, calcium, potassium, iron, magnesium, omega-3 fatty acids phosphorus, protein, folate, and niacin are also in kale. Vitamins C, A, K, B6, B2, B1, E as well. Need fiber? A 200 calorie serving of kale has 14 grams (more than what the average American gets on a 2,000 calorie diet) within it!

The War Rages On!

For years, there's been those who are pro-organic and others who say that non-organic food products are just as good. Regarding whether you should go organic or not, depends on how you feel about processing. The Mayo Clinic has collected data for over 50 years of scientific study having to do with the organic versus non-organic debate. This data showed that the foods aren't necessarily that different in terms of nutrient content between the two. So what does it boil down to you may be asking? Taste, pesticides, food additives, environment, and costs.

Regarding environment, the soil in which organic foods are grown is of higher quality. The richer soils provide a healthier eco-system, which in turn, produces a higher level of nutrients in the food. At least that's the theory, but thanks to different types of cultivation processes and nutritional contents of the soil, being different from farm to farm, intangible variables can creep into play. Farming processes for organic foods are also designed to conserve water, reduce pollution, and provide better soil quality. From an environmentalist point of view, this is obviously something that can be appreciated.

It's widely common knowledge that non-organic farmers protect crops from disease, molds, and insects through the use of pesticides, which can leave residue on produce. So, if fewer or no pesticides are used on organic foods, how are they protected? During the farming process, insect traps are used to protect organic food, but there may be another entity keeping food free from pests. Organic farmers have found that not only are microorganisms helpful to do this, but predatory insects put a choke hold on other insects that look to damage crops. Individuals may want to limit exposure to residues left behind from pesticides by purchasing organic; however, it should be advised that residues on all products can't and don't exceed safety thresholds set by the government.

Another factor that can contribute to an individual's selection process is their feelings on the use of additives. The regulation process between organic and non-organic foods is completely different. Additives, such as processing aids, preservatives, artificial sweeteners, colorings, flavorings, etc. are common in non-organic products. These same ingredients are either banned or severely restricted in the preparation and growth process of organic products.

Last, but not least, is the cost it will run you to purchase organic versus non-organic food. Organic food easily cost more, but you don't have to worry about all of the processes already mentioned. Also, for every study, such as the one the Mayo Clinic did regarding nutrient content, there are other studies showing that organic foods may be more nutrient dense. With that in mind, if you can afford organic, go for it. Far less tampered with means more natural and the more natural, the better.

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REAGAN PENN

Buy It And Store It

Unlike fruits, cruciferous vegetables are available in your nearby grocery store all year around. So, does that mean they have seasons when they are better? Yes, they do! Broccoli is best between the months of October to April. You'll want to make sure that when choosing broccoli you select heavy heads that are dark green, with the buds tightly packed together, and firm stalks and stems. If there is any yellow, wilted leaves or softness, then you'll want to pass on that bunch.

Right next to broccoli in the market, you'll often find cauliflower. Instead of looking for a darker color, you want to find the cleanest, white curd that has no separated bud clusters. Stay away from dull-colored, spotted, or any cauliflower with small flowers.

The godfather of cruciferous veggies is always in season. Cabbage with cracks, bruises, and blemishes are a sure no, no. The firm, dense cabbage heads with shiny, crisp, colorful leaves are what you want. From October to December is the best time to buy kale. Leaves that are firm, deeply colored, fresh looking, unwilted, with no signs of browning, yellowing, or holes, and hard stems are a must when it comes to kale. Compared to larger leaf bunches, smaller leafed bunches are more tender and have a milder flavor.

When storing any raw cruciferous vegetables, place them in a plastic (preferably zip lock) bag and make sure to get as much air out of it as possible. Do not wash them before storage; otherwise spoilage is sure to happen. Each vegetable has a varied shelf life; kale up to 5 days, cauliflower up to 7 days, broccoli up to 10 days, and red or green cabbage for up to 20 days. Once you finally decide to use your vegetables be sure to wash and drain them thoroughly.

Tip:
Keep in mind that when you cut pieces of your vegetables and place the remaining back in for storage, you are reducing the vitamin C content once exposed to the open air. So, skip pre-cut when you can.

CONCLUSION

If you need a low-calorie food, which won't make you gain a ton of weight while pumping up your gas tank, then cruciferous vegetables are it! Practitioners like Jake Shields and the Diaz brothers are full blown vegans and if you've watched their careers they've never gotten tired. While I'm not suggesting you become a vegan, adding cruciferous veggies into your diet is a sure recipe for success! Don't believe me? Well, the 27x World Champ Renato Laranja has one thing to say to you: Porra! *jjm*

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MINERAL MIRACLES

Jack Eastman

HAVE YOU EVER HAD A CRAVING TO EAT DIRT? It sounds bizarre, but people have been eating dirt for a long time. Why? Pliny the Elder, an ancient Roman author and natural philosopher documents people eating the soil on the Greek island of Lemnos. Hippocrates, the father of western medicine, documents the practice as early as 400 BC. Archeologists at the prehistoric site of Kalambo Falls discovered evidence of our ancestors Homo habillis eating a calcium-rich white clay 200,000 years ago.

Even today you can find small bags of "white dirt" for sale at local groceries and convenience stores in the southeastern United States. Dirt isn't the only strange thing people eat. People who suffer from an iron deficiency may experience an uncontrollable urge to eat or chew on crushed ice. Other people may crave chalk.

What's behind these strange obsessions? Scientists don't know for sure, but one theory is that the body is craving critical minerals that are missing from the diet. A recent study showed people who engaged in pica (the scientific name for eating dirt or other non-food items) were 2.35 times more likely than average to have a deficiency in iron or zinc. The proper intake of minerals is essential for your body to function. As an athlete, you may be at an increased risk for some mineral deficiencies, but what if you eat a healthy 'balanced diet?' If you are paying attention, following a healthy diet, and eating all your veggies you might believe that you're getting all your required minerals, but you'd be wrong.

MISSING MINERALS

The American Dietetic Association is responsible for establishing the Reference Daily Intakes (RDI). The RDI replaces the older RDA and provides a list of the required minimal daily intake of vitamins, minerals, and nutrients needed to prevent nutritional deficiencies. A recent study published in the Journal of the International Society of Sports Nutrition analyzed over 70 different diets followed by athletes and sedentary subjects (who were actively looking to improve their nutritional intake). The study found that all of them fell short of supplying 100% of the RDI of micronutrients and minerals. Not a single diet analyzed by the researchers supplied all of the required micronutrients!

The results of this study become even more critical when you understand that the RDI is not designed for athletes who are seeking optimal performance from their bodies. Instead, they serve as a bare minimum for everyone in the US who is more than four years old. Athletes, who typically need more nutrients than the average person, are getting less of some nutrients than recommended for a typical 5-year-old. So, if you're not supplementing with minerals and relying on your diet alone to supply these critical nutrients, you're almost certainly deficient in some of them.

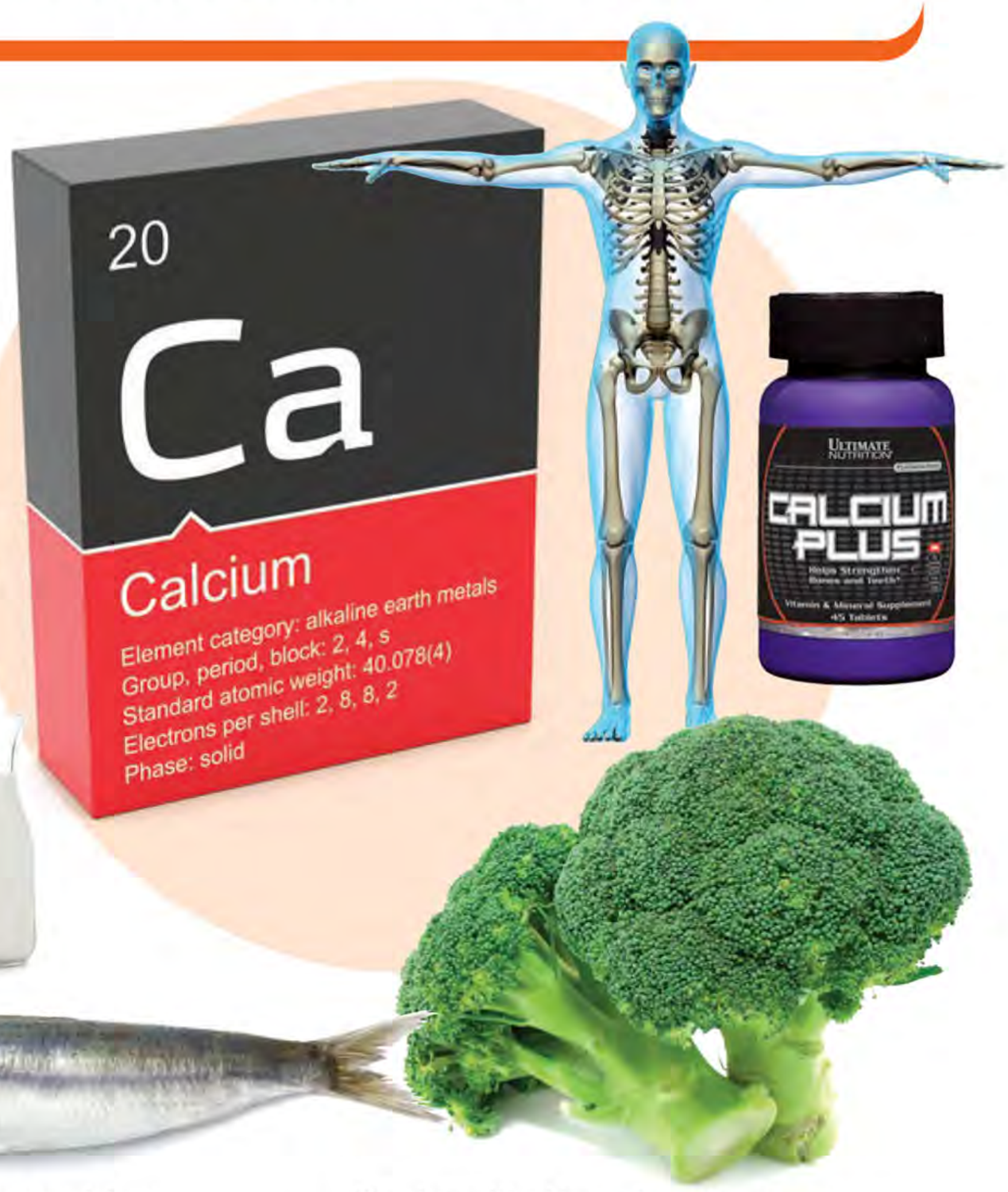
ESSENTIALS FOR THE JIU-JITSU ATHLETE

As a jiu-jitsu athlete your diet is most likely to be too low in calcium, iron, zinc, and magnesium.

Calcium

Calcium acts like cement in the construction of your bones. It is the most abundant mineral in the body, present in every cell. You have about 3lbs of calcium in your body, of which 98% is in your bones, 1% in your teeth, and the rest in other tissues and the blood.

Calcium does more than just build strong bones, though; it helps regulate heart and muscle contraction, as well as nerve conduction. So, while most of your calcium is sequestered in the bones, it's this blood calcium level that is most critical. If your diet doesn't supply enough calcium, your body will draw it out of the bones to try and maintain adequate blood levels.



Adult athletes should try to consume at least 1500mg of calcium daily. Some of the best food sources of calcium are:

Milk – 240mg/cup
Hard cheese – 240mg/30g serving
Sardines – 240mg/60g serving
White Beans – 132mg/200g serving
Dried Figs – 96mg/60g serving
Broccoli – 112mg/120g raw serving

When supplementing with calcium, some forms are much easier for your body to utilize than others (they are more bio-available). The most common form of calcium is calcium carbonate, which is very inexpensive, but also very difficul for your body to absorb. A better choice would be calcium citrate or calcium orotate.

Make sure to take your calcium supplements with food and with Vitamin D, which is critical in helping absorption. If you needed one more reason to avoid cola, one serving of soda can leach over 100mg of calcium out of your body due to the high phosphorus content.

It's also critical to make sure you are getting enough magnesium in your diet, especially when supplementing with calcium. Getting too much calcium without enough magnesium can lead to hardening of the arteries – otherwise known as calcification.

Magnesium

Magnesium is extremely important for the metabolism of calcium, potassium, phosphorus, zinc, copper, iron, Sodium, lead, acetylcholine, and nitric oxide. It's also a cofactor in over 300 enzyme reactions, intracellular homeostasis, and the activation of thiamine. This means it's critical for a wide variety of body processes like the synthesis of fat, protein and nucleic acids, neurological activity, muscular contraction and relaxation, cardiac activity, and bone metabolism.

Magnesium is involved with numerous processes that affect muscle function, including oxygen uptake, energy production, and electrolyte balance. Even a marginal magnesium deficiency impairs exercise performance and amplifies the negative consequences of strenuous exercise.

Without proper levels of magnesium you can't make or process ATP (Andenosine triphosphate) optimally. ATP is the energy source the body burns during activity. Athletes in sports with weight control, like jiu-jitsu and MMA are especially vulnerable to an inadequate magnesium intake.

Magnesium absorption from the diet is dependent on parathyroid hormone, vitamins B6 and Vitamin D. It's also hindered by excess fat. Levels are decreased by excess ethanol, salt, phosphoric acids (soda), coffee, excessive sweating, and intense prolonged stress (once again, getting off the soda and onto the Vitamin D is important!).

Magnesium deficiency is associated with hypertension, cardiovascular disease, kidney disease, liver disease, migraine, multiple sclerosis, glaucoma, Alzheimer's, bacterial infection, fungal infections, mood swings, cavities, hearing loss, diabetes, kidney stones, cramps, muscle weakness, impotence, aggression, and potassium deficiency.

You should look to include at least 400mg/day of magnesium in your diet through foods or supplementation. It's almost impossible to do that through diet alone, as some of the best food sources for magnesium are:

Milk – 33mg/cup
Oatmeal – 57mg/cup
Beets (canned) – 32mg/half cup
Broccoli – 51mg/half cup
Peas – 32mg/half cup
Banana – 33mg/banana
Almonds – 105mg/quarter cup
Cashews – 90mg/quarter cup
Sesame seeds – 101mg/oz

If you decide to supplement with magnesium, try to avoid magnesium oxide or magnesium sulfate. These are cheap options, but can cause stomach upset and are not as bio-available as other forms. Better options are magnesium citrate, magnesium chloride, magnesium glycinate, or magnesium taurate.

Another option for magnesium supplementation is transdermal. Magnesium can be directly absorbed by the skin when magnesium flakes are added to bath water or when magnesium oil is applied. This method can be harder to monitor in terms of dosage, but it is highly bio-available and won't cause any gi distress.

Zinc

Zinc might be best known for helping strengthen the immune systems and fighting off colds, but it also plays key roles in energy production and building and repairing of muscle tissue. Research has also shown a relationship between zinc and testosterone, men with lower zinc levels were more likely to have lower testosterone levels. Additional studies have shown that supplementing with zinc in men with low starting levels has significantly boosted testosterone levels.

It's estimated that about 25% of the worldwide population has some level of zinc deficiency. Those, especially at risk, are people who eat a diet high in whole grains and processed food and low in red meat.

Men should try to consume at least 11mg/day and women should try to consume 8mg/day. To increase your daily intake of zinc from food, look to these items:

Oysters - 74mg/3oz serving
Beef – 7mg/3oz serving
Crab – 6.5mg/3oz serving
Cashews – 1.6mg/1oz serving

If you decide to supplement with zinc, look for supplements in the form of zinc orotate, zinc gluconate or zinc citrate for best bio-availability.

CONCLUSION

It's very likely you are deficient in one of these key minerals. It can be very difficul to consume enough of each mineral through your diet alone. Even with careful meal selection, intensive agricultural practices mean foods are supplying less and less critical nutrients every year. Some dietary lifestyles, such as vegetarianism, make it extremely difficul to acquire enough magnesium or zinc through food alone. Supplementation is simple and inexpensive and can have a large impact on your performance if you are currently deficient in any of these nutrients. *jjm*

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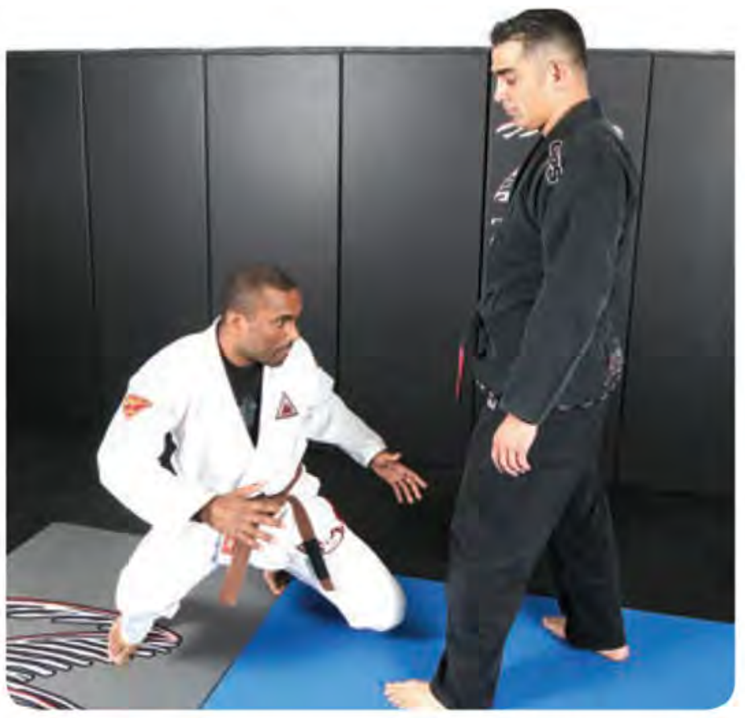
EVEN MORE POWER WITH A PARTNER PT2

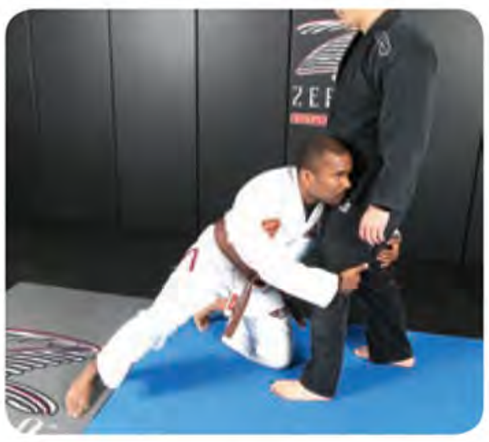
Mike Velez **Travis Guesnon**

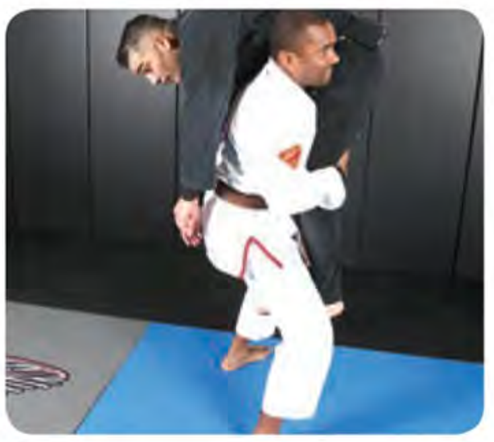
THERE ARE MANY FORMS OF STRENGTH TRAINING, BUT NOT ALL NECESSARILY TRANSLATE INTO JIU-JITSU THAT WELL. Traditional bodybuilding workouts may make you look aesthetically pleasing to the eye, but produce a different type of strength as compared to that gained by grappling. As grapplers, we don't have the luxury of holding the same grip like that of a barbell as we push, pull, flow, and hold against another person's body and limbs. That's hard enough to deal with, but throw in the fact that the weighted object (our opponent) is not of one single proportion and disrupts our balance, complicates things more. For those reasons, partner body weight workouts can better aid in helping a jiu-jiteiro increase his/hers overall strength. In our previous issue, I went over seven different exercises to accomplish this. Those were just some of many; however, by adding these other eight exercises along to those, you'll end up with a more than formidable workout. Think they're easy? Try them out and you'll see that they are anything, but easy.

POWER DOUBLE LEG SQUATS

You can turn that double leg into a power double leg, by starting off with this drill. Shoot in by dropping down to your knee of your lead leg. Your rear leg should follow and be posted out to the side. At the same time, either wrap your arms around your partner's legs or grip behind his knees, and place the side of your head against the outside of his hip.







With your shoulder in your partner's midsection, internally rotate your posted leg so that it moves forward while pushing off of it and the toes of your downed leg to drive your partner upward.

Lower your partner gently and continue performing the movement, but alternate your legs.

Tip: If you're the individual being picked up, help your partner out by bending at the waist once he drops down for the double leg. By not doing so, you make the lift that much more awkward.

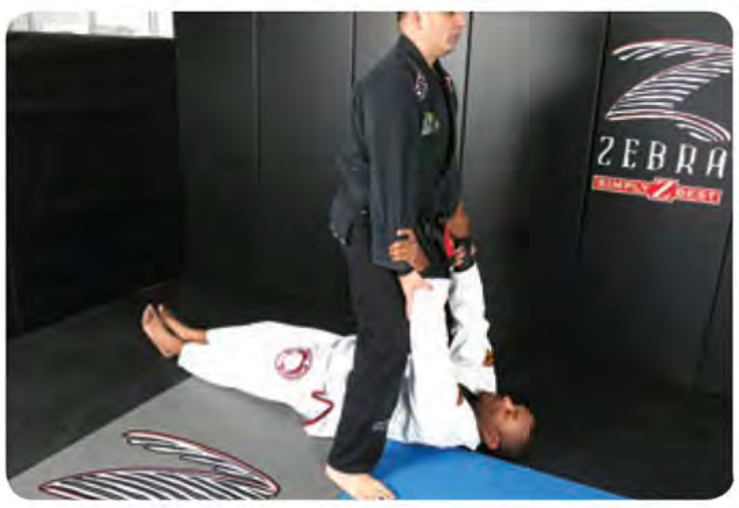
PRESCRIPTION: As a warm-up: 1 set x 10 reps (5 each side); as a workout: 3 sets x 8-15 reps.

Add Soldier Carries: After every two reps (one on each side), carry your partner all the way down to the other side of the mat, and then perform two more reps.

PARTNER BODY ROWS

Lie down on your back, with your arms raised in the air. Your partner will be standing over you, with his arms extended downward. Grab one another's wrists.

Keep your legs, core and neck locked so that your body is straight as a board. Now pull yourself upward, using the heels of your feet as an anchor, and then lower yourself to complete a rep.



PRESCRIPTION: As a warm-up: 1 set x 10 reps; as a workout: 3 sets x 8-15 reps.

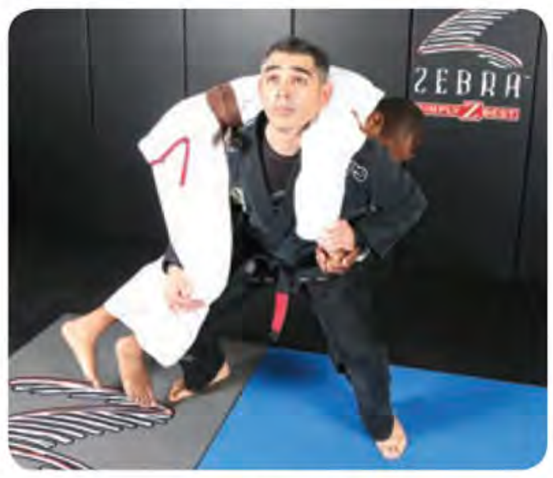
Stress Your Grip: Instead of going wrist to wrist, go hand in hand, or interlock your fingers like a S-grip for more intensity.

PARTNER SQUATS

Perform the upper body movements of a Fireman's Carry on your partner by wrapping his arm with your own, while wrapping inside and around one of his legs.

Squat down and then push up to complete a repetition.

Tip: Your partner can use his free hand to base off your hip to prevent sliding up.

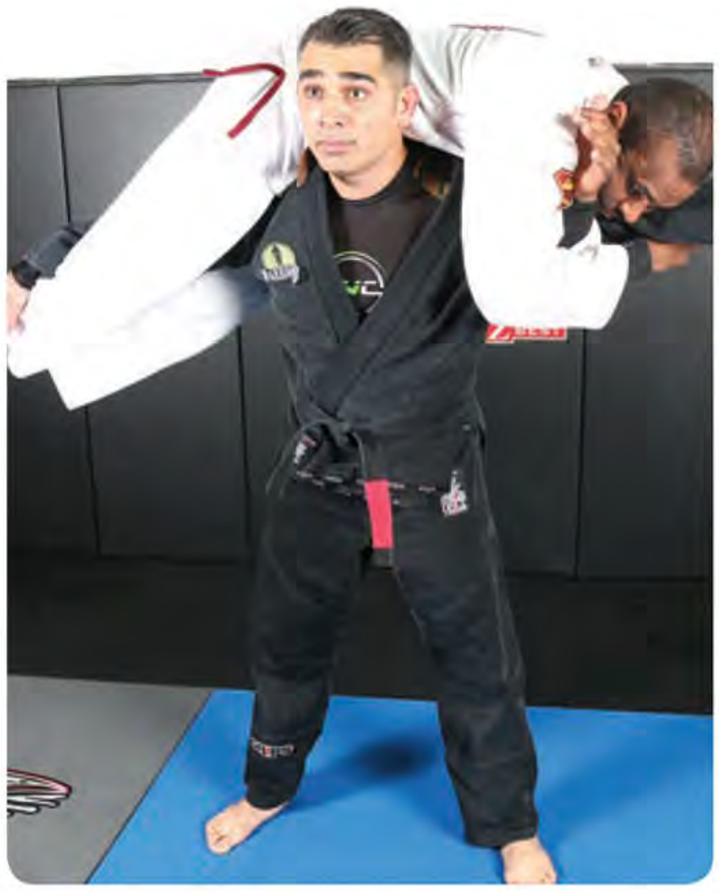


PRESCRIPTION: As a warm-up: 1 set x 10 reps; as a workout: 3 sets x 8-15 reps.

Add Fireman Carries: Just like Soldier Carries, you can carry your partner all the way down to the other side of the mat or either up and back between reps.

CORE TWISTS

From the same Fireman's Carry position of the previous move, you can perform this great movement to strengthen your abdominals and obliques. It's great for helping with throws and all the twisting movement in jiu-jitsu.



Raise your arms, extend them out to your sides and keep them straight. Your partner will cross his arms around your arm while extending his legs, crossing at the ankles.

Twist your upper torso so that it turns as far as possible to your right, then go the other way as far as possible to your left, nd return to the start position to complete one repetition.

PRESCRIPTION: 1 set x 10-20 reps.

Tip:
Don't let your arms sag, keep them straight out to your sides so your partner can stay on.

CALF RAISES

Calf Raises are a simple move that will not only help your calves work, but allow your partner to keep his core and legs strong while working them isometrically.

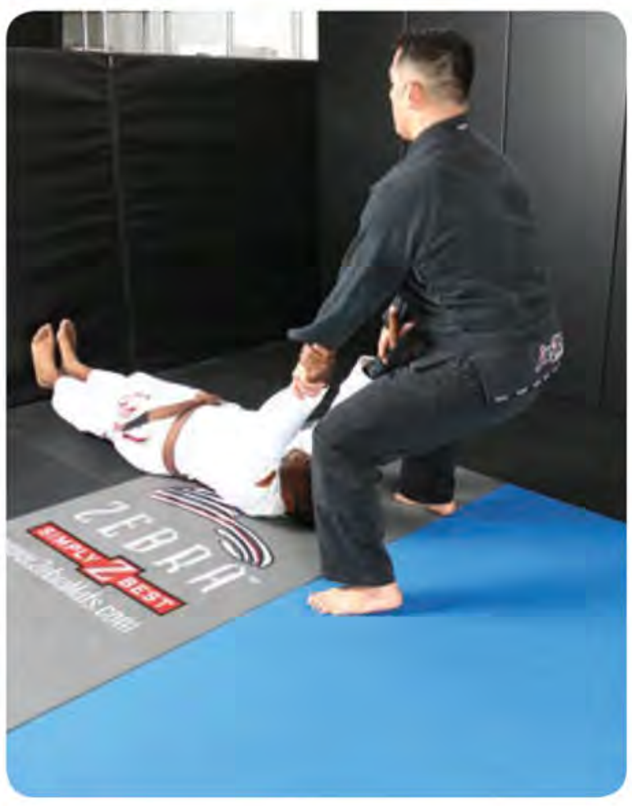
You partner will jump on your back, put his hooks in and get a seat belt grip. Facing a wall, stand about a foot out or arm's length from it, anchor your toes to the ground, lean forward, and support your weight by bracing yourself with the palm of your hands.

Push up on your toes, raising yourself and then lowering yourself back down. Continue doing so until your set is complete.

PRESCRIPTION: As a warm-up: 1 set x 15-20 reps; as a workout: 3 sets x 8-25 reps.

FIREMAN'S DRAGS

Your partner will lie down on his back, with his arms raised in the air. Stand above him, behind his head, with your arms extended downward. Grab one another's wrists.



Begin walking backward, using short, quick steps, as you drag the weight of your partner.

PRESCRIPTION: As a warm-up: 1 mat length; as a workout: 3 mat lengths.

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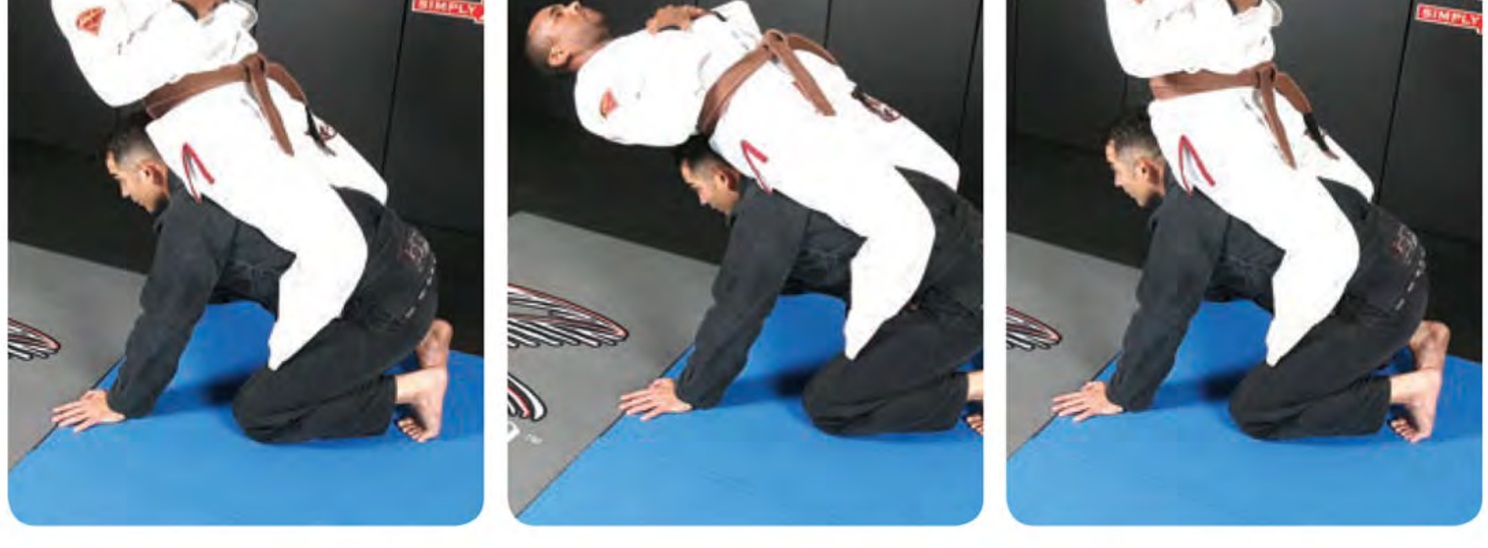
REVERSE BACK SIT-UPS

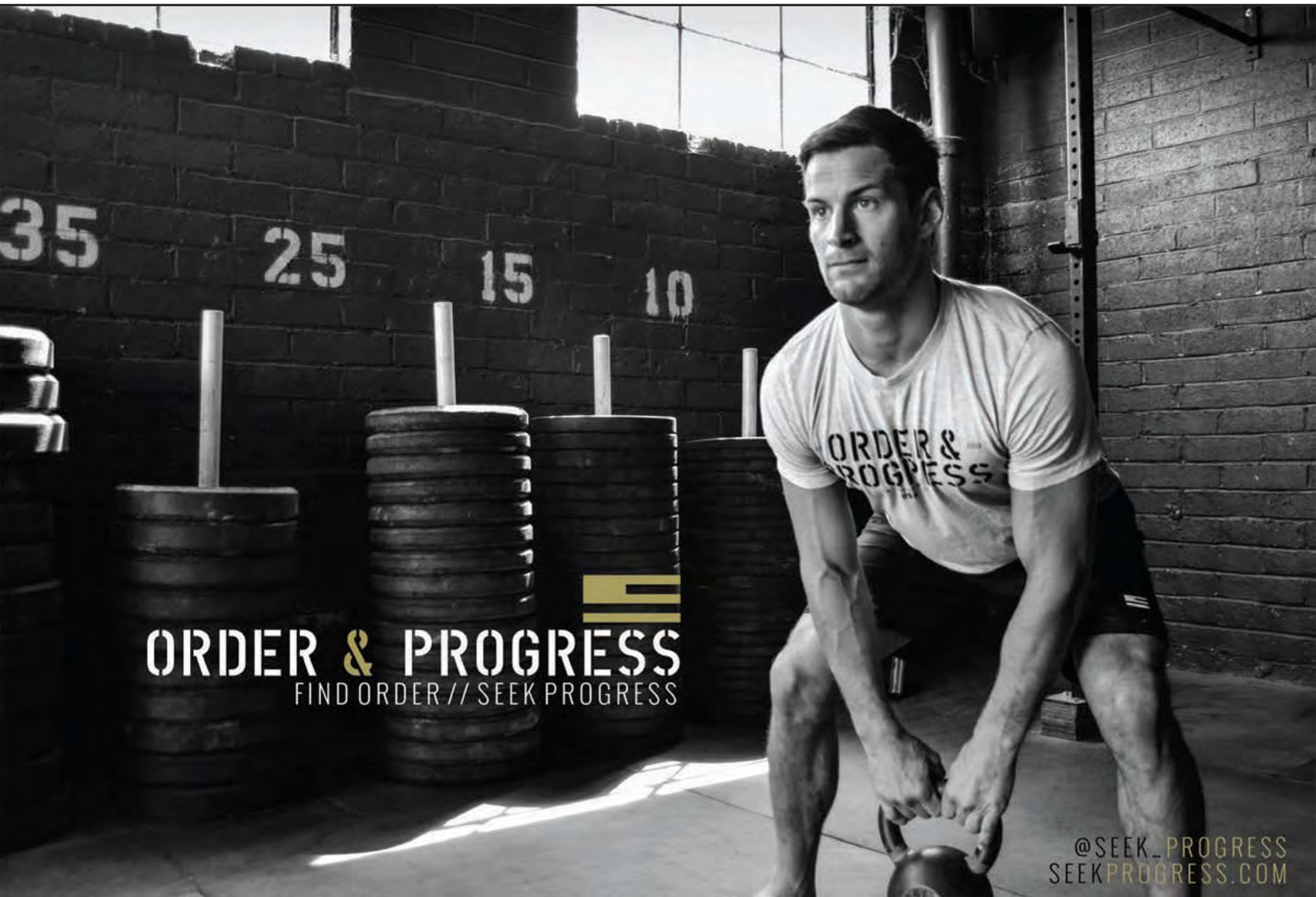
Here's a move taken from wrestling that not only helps strengthen the core of the person who's moving, but isometrically forces the partner's core and neck muscles to work.

Go to your knees, keeping them spread wide from one another, with your hands on the mat, head looking up, with a neutral spine. Your partner then sits on the top of your back facing away from you and hooks his feet inside your legs.

From here, your partner will perform sit-ups while you must maintain a tight posture the entire time, not letting him push your head down; otherwise he will fall in front of you.



PRESCRIPTION: As a warm-up: 1 set x 10 reps; as a workout: 3 sets x 8-15 reps.

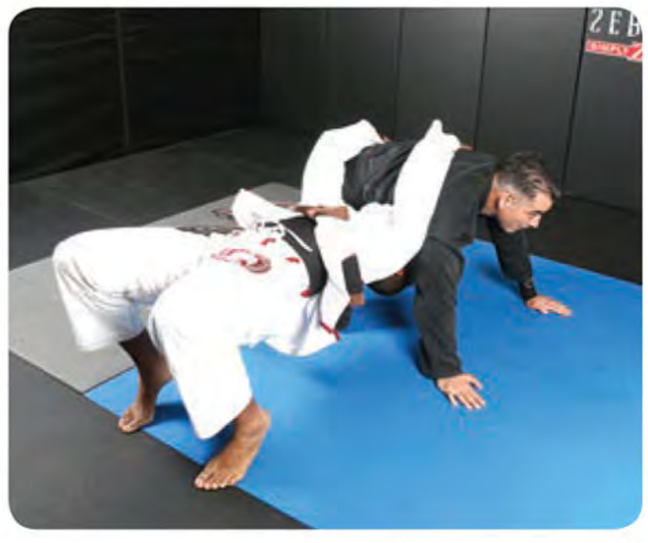


PARTNER FLIP OVERS

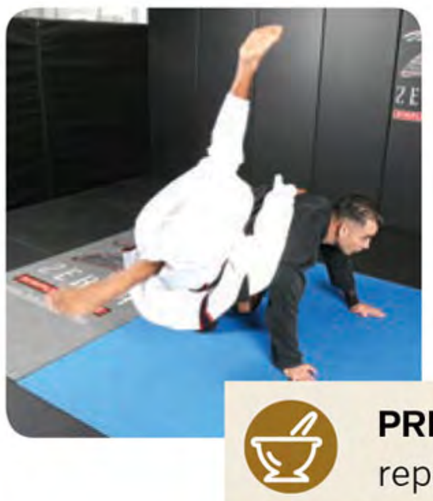
Partner Flip Overs are one of the most difficul exercises that will test your core, arms, legs, back, and well, it'll test every muscle you've got.

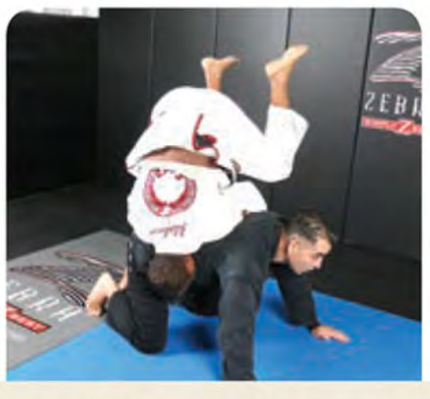
Your partner will position himself on all fours like a table. Go down on your knees next to him, facing on one side of his body. Place the upper portion of your arms to your side, elbows bent slightly more than 90 degrees, your palms up, and gripping near his rib area.

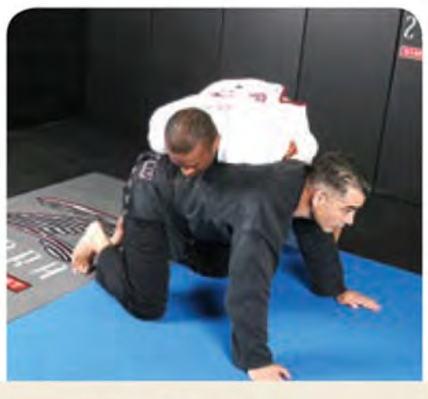
Simultaneously hop over, while diving your head through the space underneath your partner's stomach, ending in a bridge position, with your arms across his back.



Immediately hop back over, pulling yourself back to the starting position. *jjm*







PRESCRIPTION: As a warm-up: 1 set x 10 reps; as a workout: 3 sets x 8-15 reps.

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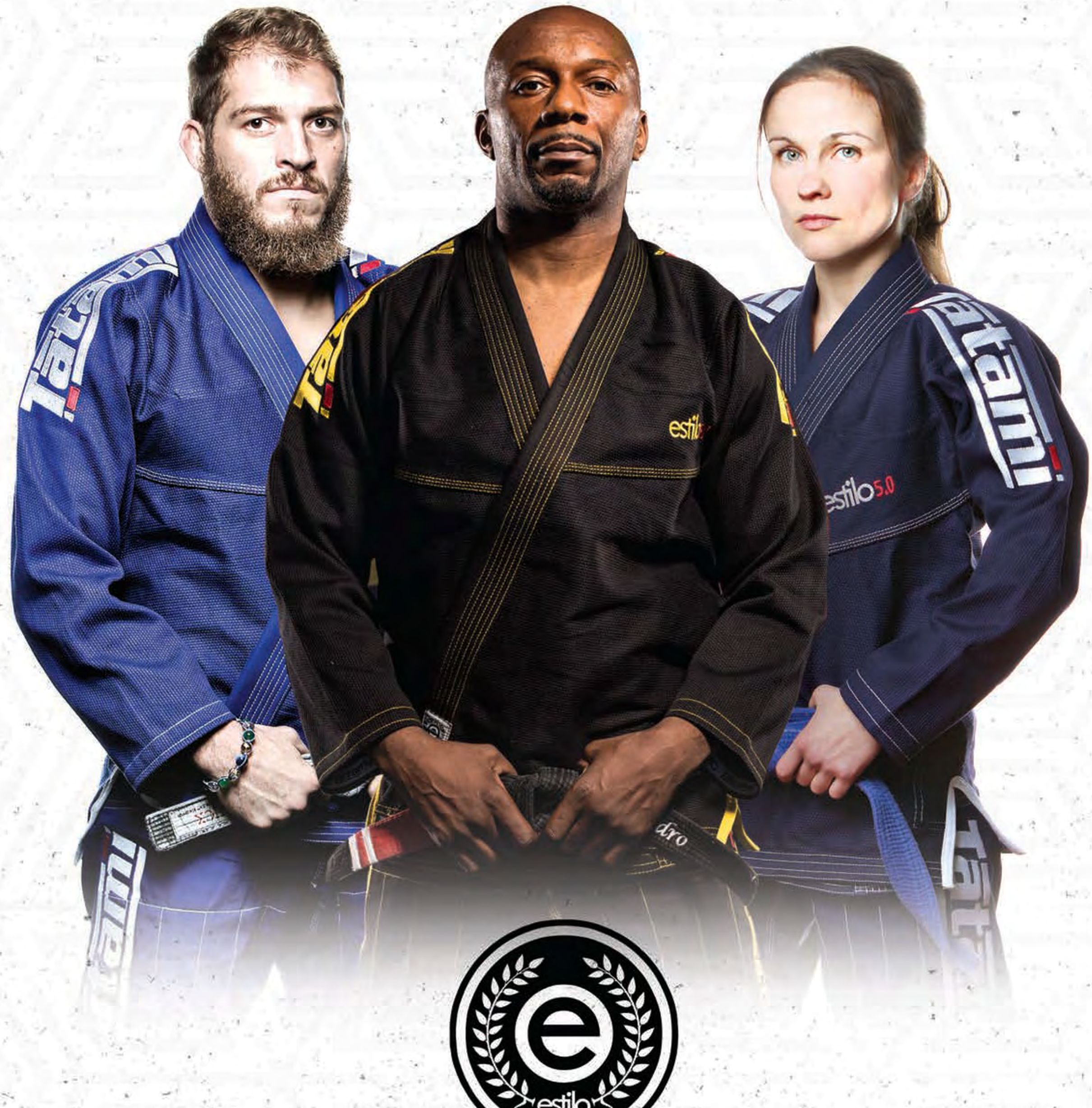

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GRIPPING WHEN THERE'S NOTHING TO GRAB

Travis Guesnon

YOU'VE TRAINED IN A GI EVER SINCE YOU'VE BEEN ENROLLED AT YOUR SCHOOL, UNTIL SUMMER COMES, WHEN YOUR COACH SAYS TO TAKES IT OFF, AND SUDDENLY YOUR GAME GOES KAPUT. The partner you're used to steamrolling suddenly becomes Spider-Man and is giving you the sparring match of a lifetime. You search for material to grab, but there's none there. In that moment, you picture Howard Payne looking you dead in the eyes and asking, "What do you do? What do you do?" Well, fear not because we're going to give you an overview of where to grab when looking for those invisible grips.

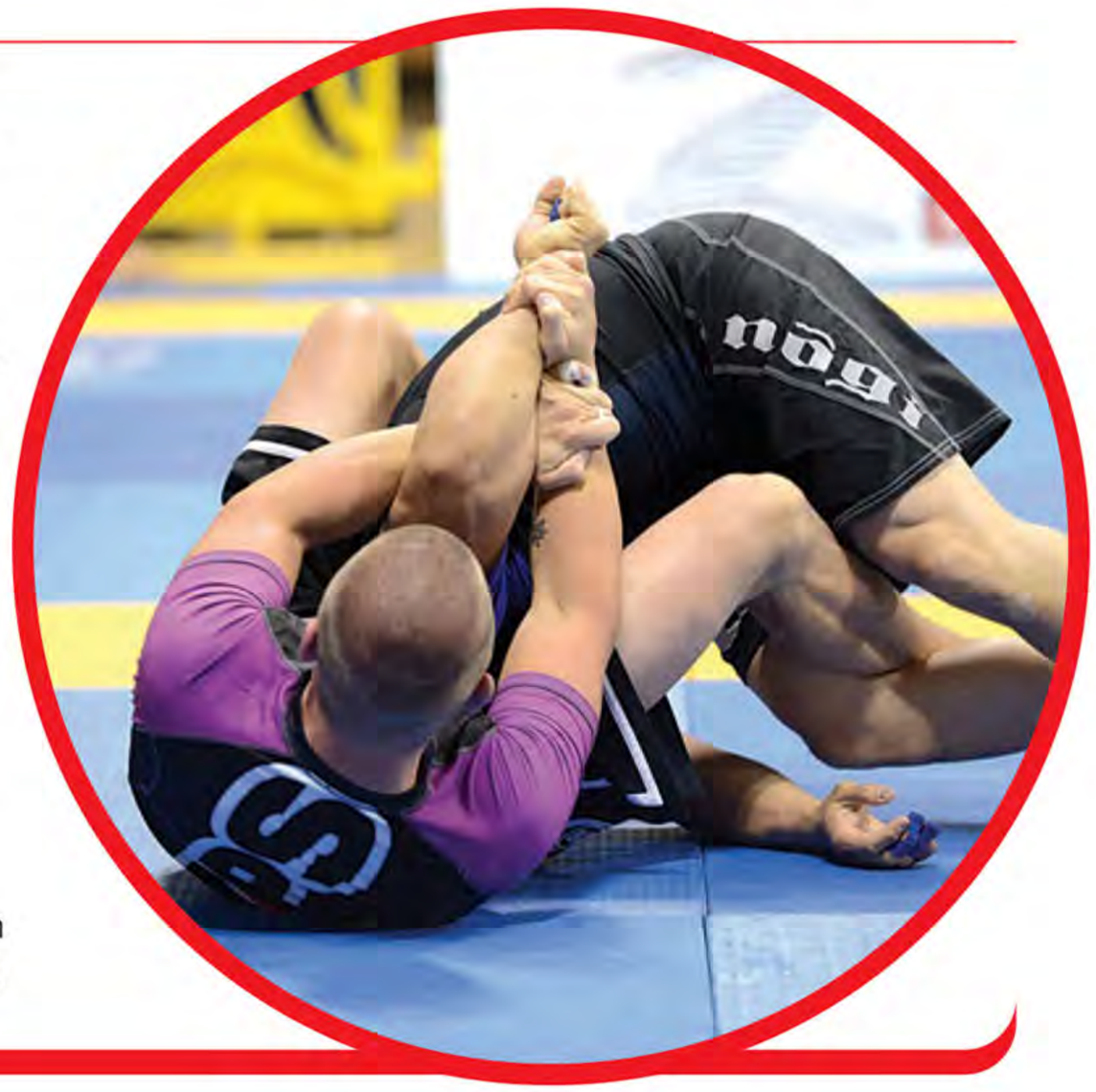
Some Common Reasons Why The Gi Is Preferred

1. Don't understand or know where to grip in no-gi.
2. The gi slows the game down.
3. People enjoy the availability of more techniques.

The following is an excerpt taken from a past article, Make This Your Best Year Ever, in Issue 29. It's available on **www.jiujitsumag.com** and deserves a second look. It may help change your perspective on no-gi, the red headed, stepchild of jiu-jitsu.

TRY NO-GI

If you look at the number of entrants in gi events compared to no-gi events, in either the NABJJF or IBJJF, it's easy to see that the gi brings in many more competitors. Sadly, no-gi is almost treated like the black sheep of the family, as it's barely acknowledged as an accomplishment if an American, such as Jeff Glover, JT Torres, or Keenan Cornelius, for example, wins the event at the black belt level. However, you should do no-gi because it's faster, so you'll get in shape quicker, it will help improve your reflexes, and it will teach you to process your thoughts better. What is especially ignored about no-gi is that it actually teaches you to be tighter with your movements and positions, as well as improve your grips. When we're forced to adapt to certain positions and situations, we actually do pretty well, but no-gi allows for the creation of other grips (which you have to find) that you may have not realized were there, while training in the gi. Need more proof? Look at Marcelo Garcia. In a conversation between Rickson Gracie, Eddie Bravo and Joe Rogan (**www.iroll.tv/?p=7582, 1:45:07 mark**), Eddie speaks about how Marcelo treats the gi game the same as he treats his no-gi game. I'm not suggesting you give up the gi, but put it down every once and while to roll no-gi.



The Same, Yet Different

Prior to his rematch with Royler Gracie at Metamoris 3, Eddie Bravo provided an excellent explanation in an interview to MMAfighting.com on the differences of gripping in gi and no-gi.

"The difference between gi and no-gi, whether it's judo and wrestling or BJJ no-gi grappling, is the same. The games are the same, but the way you perform the game is different. In judo and wrestling, the game is to get the takedown. In judo, it's done by yanking and pulling on the collar, throws that incorporate that. In wrestling, there's no collars or sleeves, so you have to get good at throwing people and taking people down with underhooks, overhooks and head control.

That's the same difference between BJJ and no-gi grappling. The objective is exactly the same: you're trying to submit a guy. You're trying to pass his guard and submit him, but with BJJ, you do that by yanking and pulling the collar and the sleeve, just like judo, but you do it on the ground. Judo and jiu-jitsu are the same, basically. It comes from the same place. In no-gi grappling, you're still trying to submit, but you're not yanking and pulling on any collars and sleeves, you're clinching and squeezing, your underhooks, your overhooks and your head control."

Can't There, But Can Here

If we look at the two previous paragraphs, the common denominators on the last sentence of each are: underhooks, overhooks and head control. These may not sound like grips, but in actuality they are. If you're not using these during no-gi, then chances are your no-gi game is not very effective. There's more to it than that however, because what if you are not able to establish any of those grips? What then? Where would you find grips on an opponent when there's no material to grab? Well, let's take a look at some viable options.

» CONTROLLING AND BREAKING DOWN POSTURE

GI: When attempting to break down the posture of your opponent, whether from standing or inside your guard, one of the most typical ways to do so is to pull down on the collar/lapel, along with the cuff of the sleeve.

NO-GI: Since the collar nor the sleeve is available during no-gi, you'd instead want to cup the back of the neck/head area and wrist.

» KNEE SLICE GUARD PASS

Whatever's Clever

The pinning of the inside of the elbow may seem unorthodox, which it is, but what I've found (personally) is that it is more difficul for your opponent to move his/her arm, as opposed to solely focusing on the wrist.

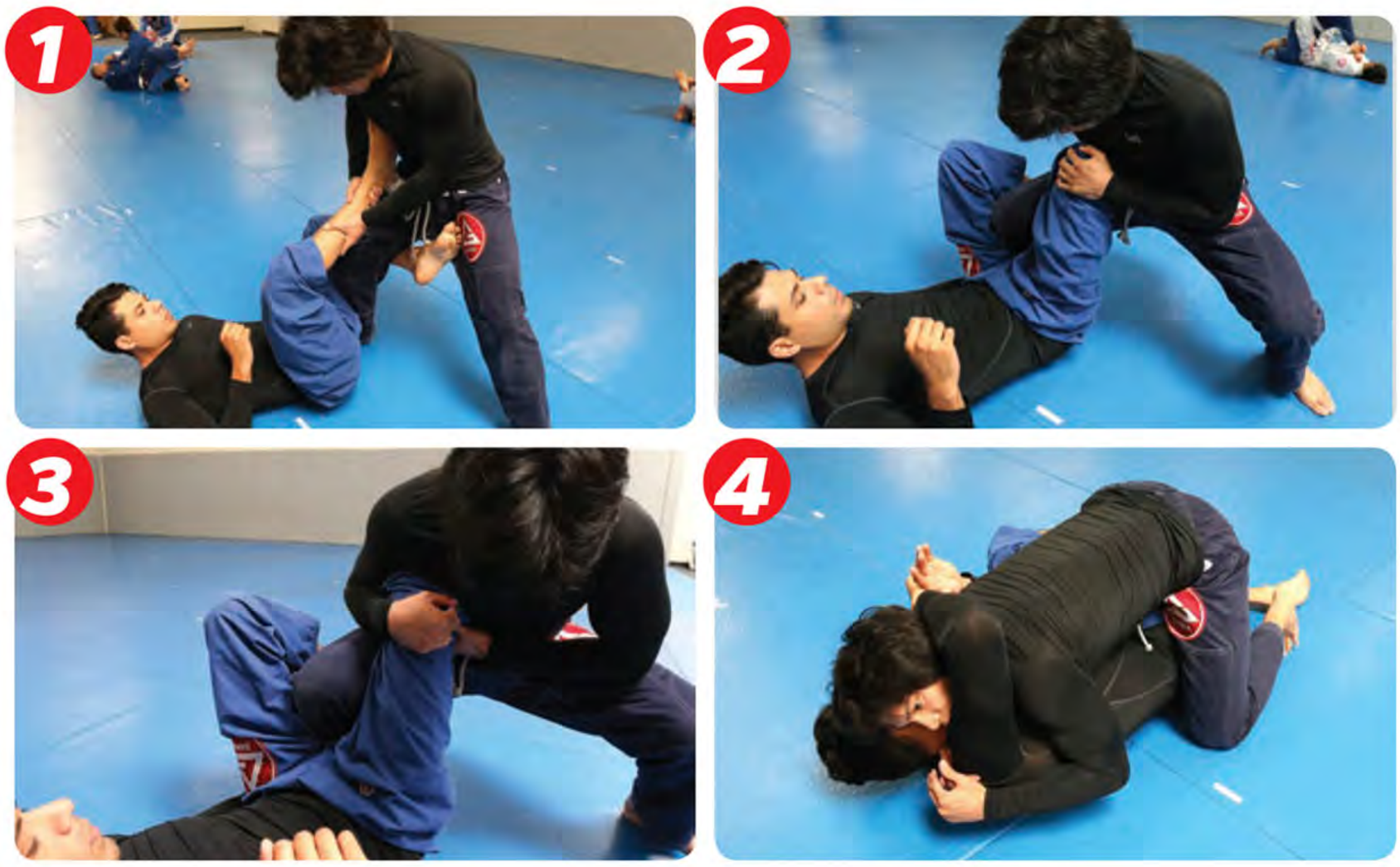
GI: Let's say, for example, that you are doing a knee slice pass going to your left from inside your opponent's half guard. With the gi you are able to clench your opponent's left side collar with your right hand, your arm bent at 90 degrees, pinning your forearm against his body. At the same time, you're pulling the collar toward you to restrict your opponent's movement, as well as to protect your arm. You should also attempt to secure the sleeve cuff of your opponent's right arm, pulling it into you, and upward as you pass.

NO-GI: If attempting the same pass during No-Gi, here's where your underhooks (that Eddie Bravo spoke about) come in. Without the gi there for you to grab, you would underhook your opponent's left rm against the armpit, smash your weight down, and grip his right wrist or pin down the inside of his elbow. As you slice your knee to the left side, dig your underhook in further and either pull up on the wrist and transition to your opponent's elbow upon sitting out, or (if your hand is pinning down the inside of his elbow) roll it over to the left f the elbow, and then sit out for the pass.

» LEG DRAG GUARD PASS

GI: While standing inside your opponent’s De la Riva guard you would grab near the cuff of the pant leg that is against either pushing your hip or thigh back. From there, you pop your hips forward, push the leg in with your arms, then yank it across your opposite hip, square yourself to your opponent, squat down, trap it over your own leg, and then go to your knees. Next, grip your opponent’s collar, pinning it like that of the knee slice pass, but on the opposite side. Reach your other hand inside the top portion of the back of the collar and control your opponent until you feel ready to pass.

NO-GI: This technique may appear to be more difficul using a no-gi variation, but in actuality, you can control more of the leg. Instead of grabbing and holding onto a cuff, use one arm to grip and pull the ankle across, while pushing the knee with your opposite hand. Once you yank the leg across, trap it by connecting your elbow to your leg and cupping the inside of the knee, forcing your opponent to turn his leg. Upon dropping to your knees to pin your opponent’s legs, cross-face him with your arm, trap the top arm, grip your hands together, and go directly into a head and arm choke or another option of your choosing.



» DEEP HALF GUARD SWEEP

In this variation of a deep half guard sweep you won’t be turning the other direction and pulling your opponent on top of you. Instead, you’ll perform more of a modified single leg takedown with the use of your legs.

GI: With your head on your opponent’s hip, an underhook on the opposite side and your legs around one of his, reach underneath the ankle/shin of his leg that is free, grab either the belt or the inside of the back of the pants (to keep the leg isolated), switch your legs, force him to extend his trapped leg, and execute the sweep.

NO-GI: This move is hard to complete without the belt and without being able to grab inside the pants (in order to secure the leg), so you may need to modify it. Unless you are super strong, trying to wrap your opponent's ankle/shin won't work because typically he can kick his leg out and back, due to the legs being stronger than the arms the majority of time. Even cupping the ankle can't alleviate this; however, if you grip the toes everything changes. If you can switch your hand grips so your arm that is underhooking now grips the toes, you can post on your elbow/hand or pull your opponent's opposite knee out to better execute the sweep.

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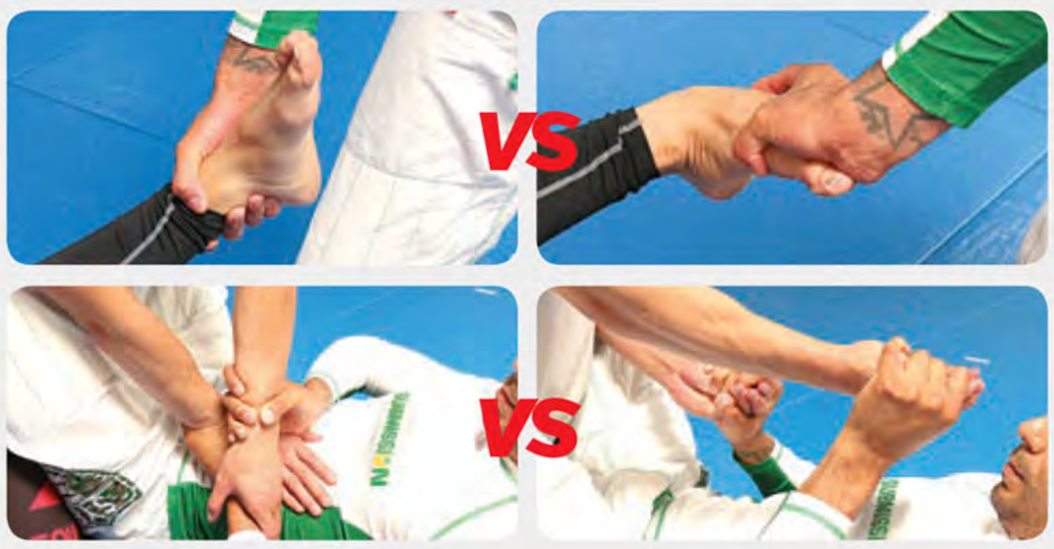
Waas Happening?

To give you a better understanding as to what exactly happens when gripping the toes as compared to the ankle, try this: have your partner lie on his back in an open guard position. Now, if you were to grab his ankle and try to move him around solely with that grip, not much happens. However, if you grab his toes properly and force the foot inward like that of a toe hold, pressure is applied to his ankle, which forces him to move as you control the leg; not to mention it's easier to hold onto. Since the small joints of the toes are used to grip the ground and provide balance, if you take them out of the equation, you disrupt their overall function. This also works by grabbing the hands instead of the wrists.



Brbrrr, Waaa, Waaa

It works on wrists, too. In a tournament, you can't grab fingers unless you grab all four at a time to defend a submission; however, that doesn't mean you can't grab and control the hand using a motorcycle grip. This grip limits the movement of the arm by using the hand as an anchor, making it uncomfortable for movement of the wrist.

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» FINISHING AN ARMBAR

For this example we're going to say that you've mounted your opponent and he turns to his left side to elbow escape. To prevent him from escaping, adjust your positioning by bringing your right foot into his stomach and left knee to the back of his head. From here, the opportunity to attack for an armbar arises.

GI: A typical response is to underhook your opponent's top (right) arm with your right arm, grab high on your left collar with your right hand, post your left hand on mat, thrown your left leg over, and then either lean to your left, push off his opposite arm with your right foot, or figure four your legs over his wrist to break the grip.

NO-GI: (slight problem): Since you don't have a collar of your own to grab, some people grip their own shoulder instead, after the underhook. This does work and you can still get the submission; however, if either you and/or your opponent are slippery with sweat, he may have an opportunity to pull his arm out quickly by turning into you, as you fall back for the arm.

NO-GI: (solution): Upon obtaining the underhook, you simultaneously grab your left wrist with your right hand and grab the wrist of your opponent. You now have a Kimura grip and can clamp down heavily on the wrist and arm. Instead of posting with a free hand, you can push the arm downward into your opponent, and then secure the finish by extending the arm back, while rolling your left hand on top of the hand.

Right Or Wrong?

Initially, using the Kimura grip in this fashion may seem awkward and opposite, but in fact, it's not. It's really just the alignment and position of you and your opponent. As far as it being "wrong," I often refer to my coach who had a variety of black belts showing him the same move with different variations as he was climbing the ranks years ago. His take on it, neither right nor wrong is: do whatever works best for you.

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SUMMING IT UP

These are just a few examples of the various ways you can find grips while rolling no-gi if you're not familiar with where to grab. This can vary from position to position, but here's a short breakdown that can help you considerably:

When Rolling In The Gi, I Grab:

KNEES OF THE PANT LEGS

ANKLE CUFF OF THE PANT LEGS

BACKSIDE OF THE ELBOW

WRIST CUFF OF JACKET

COLLAR/LAPEL

SIDE CONTROL, PASSING, TAKEDOWNS, THROWS

When Rolling No-Gi I Grab:

CUP OR UNDERHOOK THE KNEES

GRIP THE ANKLE OR TOES

CUP THE ELBOW

GRIP THE WRIST OR HAND

CUP THE BACK OF THE NECK OR CHIN

USE UNDERHOOKS, OVERHOOKS, HEAD CONTROL

FINAL POINT

The best thing about no-gi is that everything mentioned in this article can be transferred into and is completely applicable to your gi game. jjm

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UNDERSTANDING THE ELECTRIC CHAIR

With EDDIE BRAVO

Mike Velez Jason Boulanger

WHEN THE NAME "EDDIE BRAVO" IS UTTERED IN JIU-JITSU CIRCLES, THERE'S NO TELLING WHAT TYPE OF RESPONSE YOU MIGHT ELICIT. You'd be hard pressed to come up with a more polarizing figure in the community today. Some might think of that as a bad thing, but I don't, and I doubt Eddie does either. Some love him; some hate him, and he's okay with that. Eddie is Eddie, and anything but basic. Eddie is best known for his surprising submission victory over the legendary Royler Gracie at the 2003 Abu Dhabi Combat Club Submission Wrestling World Championship. Eddie managed to submit Royler with a triangle. The win shocked the grappling community. More than a decade later the two battled again on the Metamoris promotion. This time to a draw, however in the eyes of many, a decision would have gone to Eddie. Eddie has proven that his success twelve years ago was anything but a fluke. His 10th Planet Jiu-Jitsu association continues to grow around the world. His latest venture; the Eddie Bravo Invitational, is regarded as one of the best Pay-Per-View events around thanks to Eddie's unique overtime rule set that leave no match ending in a draw. We caught up with Eddie at 10th Planet HQ in Downtown Los Angeles to chat with him for a bit while he demonstrated for us the keys to the Electric Chair.

The Electric Chair is a position that Eddie used often in his rematch with Royler. A common approach to the EC is from half-guard. Once Eddie gets to the Electric Chair position he has a series of options for a submission or a sweep depending on the opponent's positioning and defense. Sit back, smoke'em if you got'em and enjoy Eddie's "shocking" Electric Chair series.

THE WHIP DOWN

The Whip Down is Eddie's move to get from traditional half-guard to the Electric Chair sweep or finish. There are other ways to get to the Electric Chair, but this is Eddie's best percentage option.

01 Eddie starts with Calvin in his half guard; Calvin's got the underhook on Eddie's left side. The first thing Eddie wants to make sure of is that he has the lock down on Calvin's right leg.

03 With the lockdown in place and control of the leg, Eddie "whips" his body to his left, pushing his legs forward so there's an arch in his body.

05 As Eddie's arm goes through, he swings his body back to his right side. Now Eddie is on his right side with Calvin on his knees and posted left hand.

02 When the leg is near, Eddie reaches out and scoops Calvin's left leg with his right arm. Eddie needs to regain the left side underhook. is first option is what he calls the "jaws of life" [creating a frame against Calvin's left side nec and shoulder to create space], but if the jaws don't work, he continues with the Whip Down.

04 This movement creates the space needed to pull his left rm in and "uppercut" his arm up against Calvin's armpit.

06 Eddie is now controlling Calvin in the "Electric Underhooks." One leg is locked down; the other is underhooked by Eddie's right arm. Eddie's left rm is underhooking Calvin's right arm and is around his back. Getting to this point greatly increases Eddie's chances of getting to the Electric Chair.

Key Points

- **In step three,** if Eddie doesn't have control of that leg, Calvin can work on the pass and eventually get to quarter-guard. At that point, the opportunity for the Whip Down has passed.
- **Before performing** the Whip Down, Eddie must practice patience. If Calvin is tight and squeezing at 100%, Eddie's technique will not work, he must wait for the time that Calvin relaxes. Muscling through this move will give Calvin a clue on what's coming, and he'll respond by countering before anything happens, usually by straightening that underhooked left leg.
- **From the Electric Underhooks,** if Calvin sprawls out that left leg it will give Eddie enough room to post his right hand and move to a back take. Eddie calls this "Dog Fight."

GETTING TO ELECTRIC CHAIR

From Electric Underhooks, Eddie wants to move quickly he's either going to Dog Fight [take the back] or go for the Electric Chair. Where to go depends on what his opponent is defending. Whatever he defends, Eddie goes with the opposite.

01

So, Calvin doesn't sprawl out, which means Eddie's going for the Electric Chair. He wants Calvin to help him out, so Eddie gives Calvin a little push to his right so Calvin counters by pushing back into Eddie.

02

This push gives Eddie the momentum he needs to help take Calvin to his left by arching his body at his hips. Calvin falls to his right and bases with his right hand. If Calvin had a whizzer on Eddie's right arm, he would have had to let go, otherwise he would have been swept.

03

Calvin's leg is on Eddie's bicep and Calvin is going to fight to not let it go up to Eddie's shoulder. Eddie uses his left hand to push or pull on Calvin's right hand so he loses this base.

04

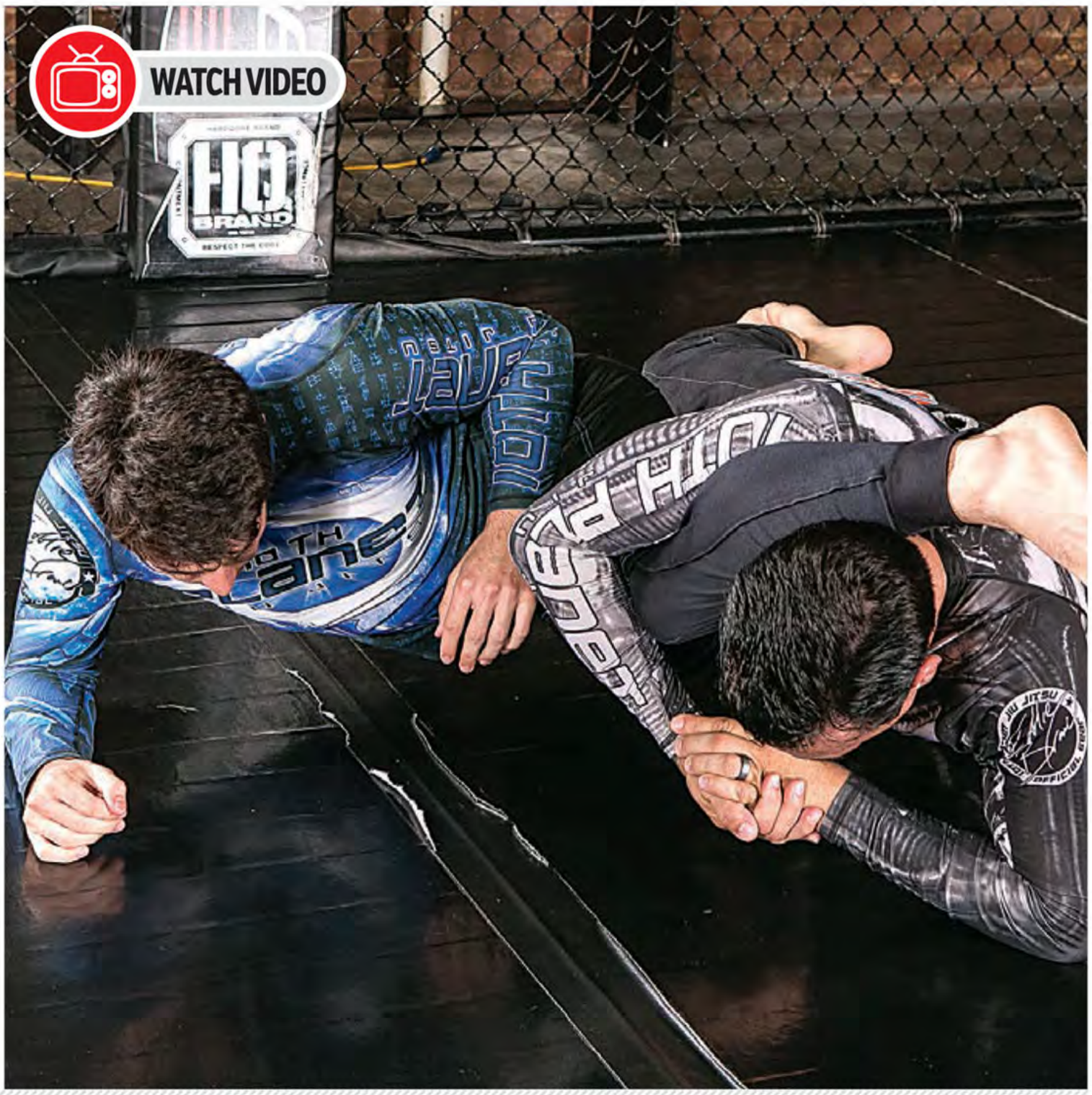
Once Calvin's lost that base, Eddie can shrug Calvin's leg up and onto his shoulder.

04

As soon as Eddie has the leg up on his shoulder, he brings his hands and arms together and bears down above Calvin's knee and clinches it tightly against his body. At this point, Calvin is in the Electric Chair.

» ELECTRIC CHAIR SUBMISSION

Once Eddie has Calvin in the electric chair, his first option is to check his flexibility. Often this will result in a finish.



01

Starting from the Electric Chair, Eddie gets up on his left elb w and moves back as far away as possible from Calvin.

02

Next, Eddie re-grips his hands, this time with a Gable or S-Grip making sure that his forearm and/or elbow are just above Calvin's knee. Too far up and it might not get the finish, too low and Calvin might escape his leg.

03

Finally, to finish, Eddie collapses his chest forward; while at the same time stretches his lockdown out. Unless the person in the chair is extremely flexible and able to do the splits, Eddie's going to get the finish. If not, he can go for the sweep.

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» ELECTRIC CHAIR SWEEP

The EC Sweep starts where the submission failed to submit.

01

Eddie lets go of his grip and wraps his right arm tightly around Calvin's leg so that it's remains stuck on his neck, over the shoulder. Eddie bases out with his right hand to the mat and sits up.

02

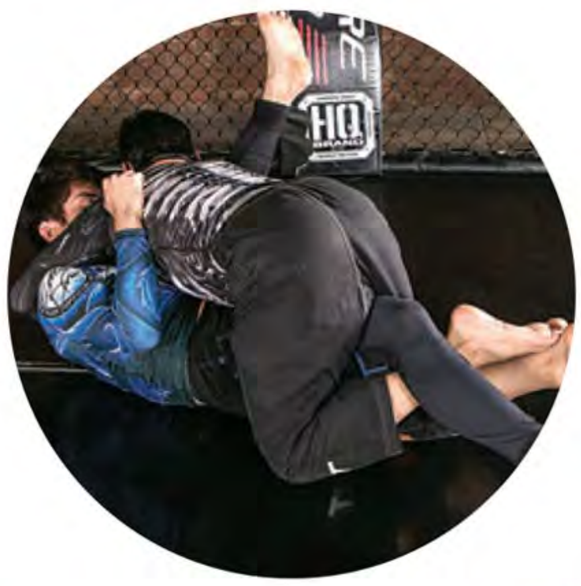
Now, Eddie drives forward letting go of the grip on the leg and moving his right arm up to Calvin's shoulders.

03 Thanks to the lockdown and the placement of Eddie's right arm under the leg, Calvin will fall to his back on the mat. At this point, Eddie continues to move on top.

04 As Calvin is getting his back flat to the mat, Eddie brings his hands together with a Gable Grip, completing the sweep.

Key Points

- **If, during step 2,** the leg slips down Eddie's shoulder to his bicep, he would drop back down to regain the leg to the shoulder. Otherwise, fighting to muscle that leg back into position might be too difficult and his opponent might be able to escape.
- **Once Eddie completes** the sweep and has his hands locked together he's free to hang out here for a while if need be. Calvin's pretty immobile at this point, thanks to the lockdown of the right leg and the complete underside hook of Calvin's entire left side, leg and arm included.



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» COMPLETING THE PASS

If the EC Sweep is done correctly, the pass is Eddie's for the taking.

01 Eddie lets go of the lockdown.

02 Eddie steps his right leg back to base and maintains position.

03 Next, Eddie drags his left knee along Calvin's body and up near his left ear, trapping Calvin's right arm.

04 Finally, Eddie can formulate his attack holding on to the left side underhook if he wants until he's ready with a plan.

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ELECTRIC STONE SWEEP TO TOP STONER CONTROL

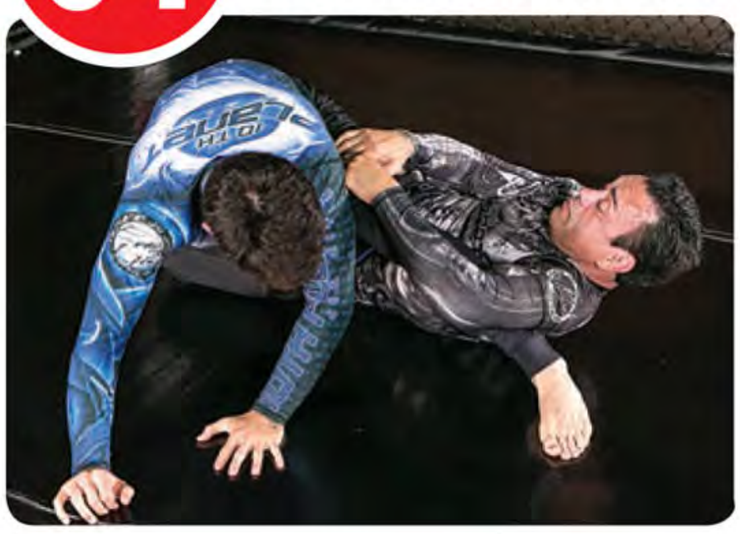
So, let's say that while Eddie was going for the EC he couldn't get Calvin's leg up on his shoulder. Either he was fighting it real hard or, for whatever reason, Eddie didn't get it. The opportunity presents itself to Eddie to get into Stoner Control Sweep.

01 Eddie is at the point where he's attempting to get Calvin's leg up on his shoulder while getting the EC, but Calvin's fighting hard.

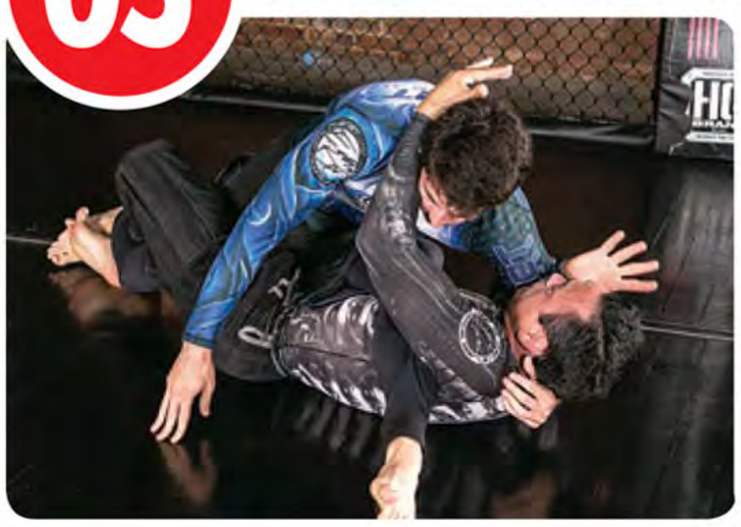
02 Eddie scoops his left arm under Calvin's leg.

03 Eddie straightens his body so he can get his left arm all the way through and over to the top of Calvin's left leg.

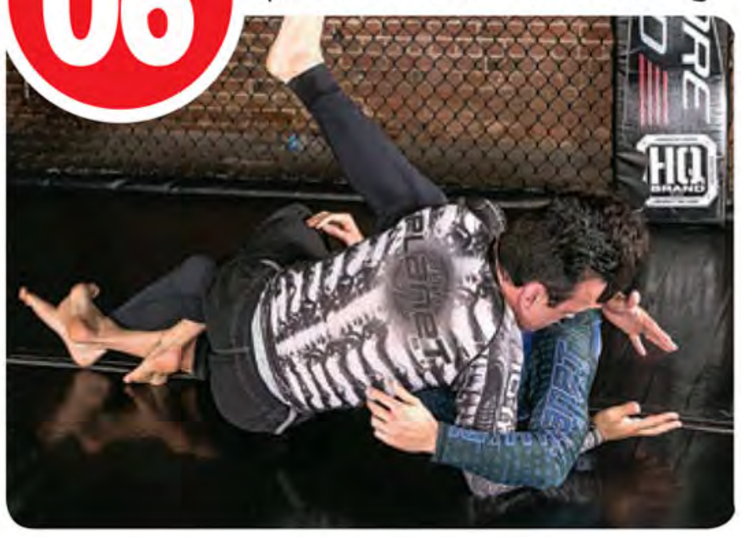
04 As soon as his arm is over, Eddie clinches it against Calvin's leg to keep it in place. Calvin's an experienced player, so he doesn't want to run away, he wants to stay on top of Eddie, so maybe he tries to control Eddie's head.



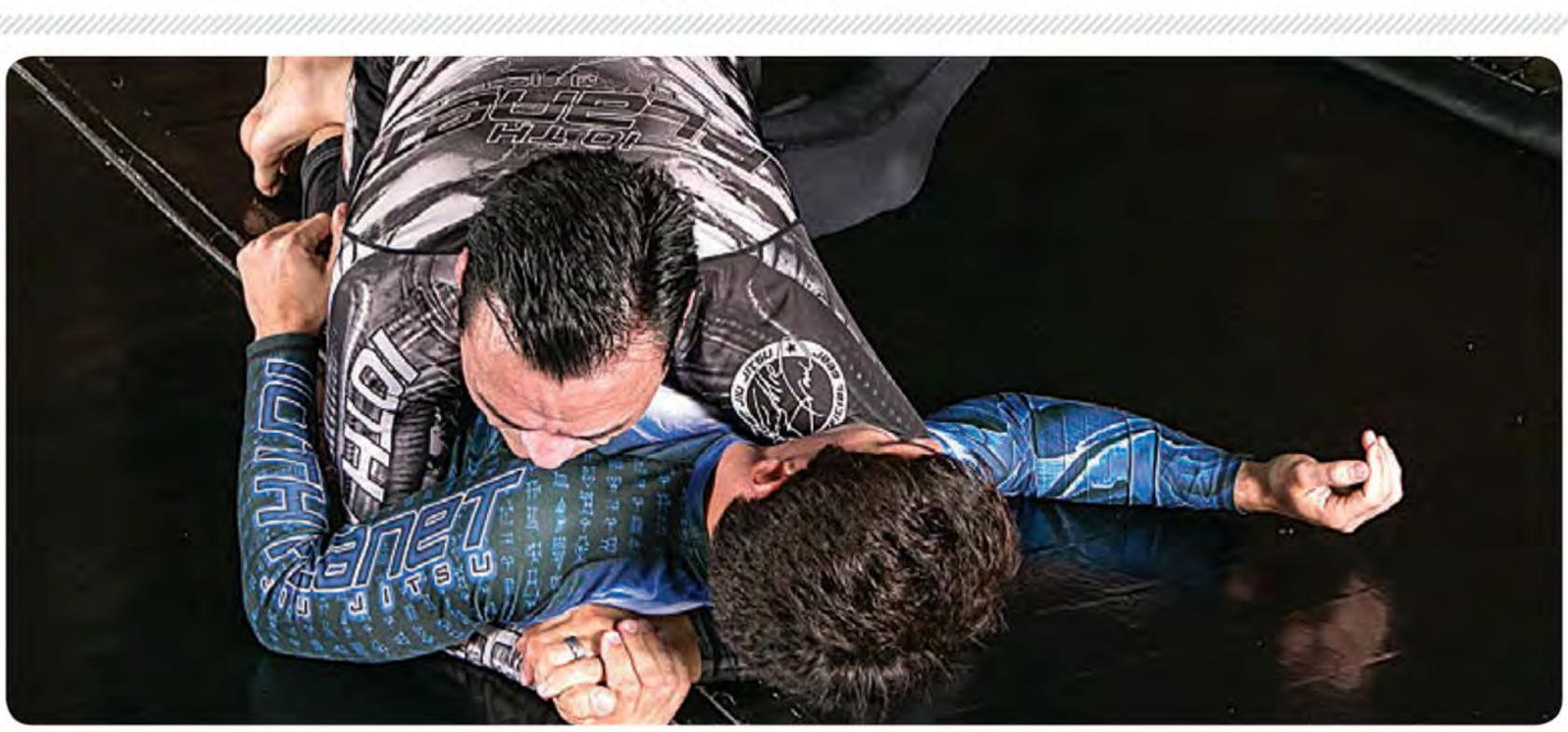
05 Eddie knows his move, and he can feel him moving to the top, so he shifts his weight to his right and uses Calvin's momentum to sweep to the top. This entire time Eddie has maintained the lockdown on Calvin's right leg.



06 This position is what Eddie calls Top Stoner Control. Eddie has a lockdown on Calvin's right leg and Eddie's knees are behind Calvin's left leg. This position is sort of like a leg drag just waiting to happen.



07 Eddie underhooks both of Calvin's arms, and when he's ready, he unlocks the lockdown and moves to side control.



Key Points

- **Top Stoner Control** is a good place to be. The person on the bottom is pretty immobile. You're ready to pass on your schedule. However! Be careful with your left arm. It is susceptible to a Kimura.

» VAPORIZER FROM TOP STONER CONTROL

Maybe the guy on bottom has some good side control defense; maybe Eddie doesn't want to bother with the sweep and instead wants to go for a finish from Stoner Top Control. This is where the "Vaporizer" comes in. Yes, it's as good as the name implies.

There are two variations to get to the Vaporizer from here, a fancy one, and a simple one. Eddie shows us both.

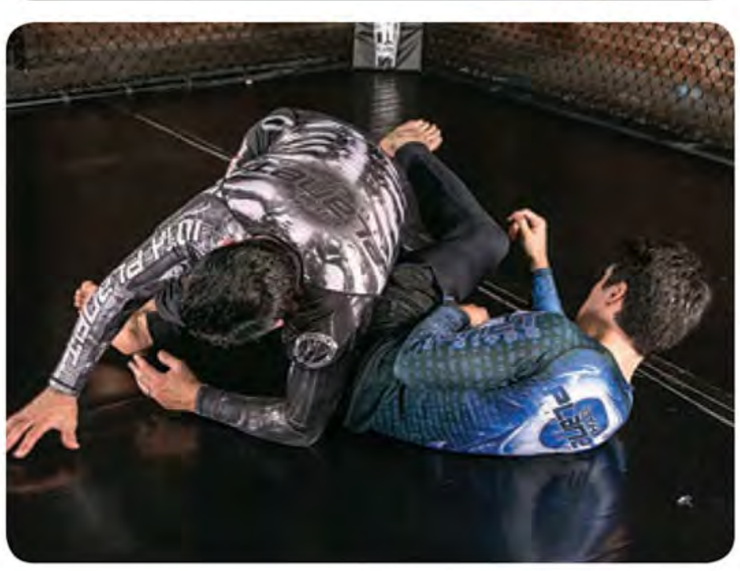
WATCH VIDEO

The Roll

01 From TSC, if Calvin is not clinching on Eddie then he can come up, letting go of any head control he had on Calvin and drop his left elbow to the mat directly behind him.

02 Eddie drops his head down and tucks his left shoulder behind Calvin keeping his lockdown in place.

03 The roll continues with Eddie ending up on his back and a bundle of legs in front of him. Eddie spots Calvin's right foot getting a hold of the top of his toe knuckles and pulls back on the entire foot.



04 Eddie continues to pull back on the foot until he gets the tap. The finish is a combination toehold, heel-hook, and calf slicer all at once. Hence, the name "Vaporizer."

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The Sit Back

Doing the roll looks great, it's flashy and acrobatic, but it's not the best way to get to the Vaporizer. If during the roll, Calvin were to straighten out his leg at the right time he would foil Eddie's dastardly plans. That's why Eddie prefers to sit back.

01

Starting from TSC, Eddie turns to his right side slowly and methodically until Calvin drops to his right side.

02

As Calvin turns, his right leg will be within reaching distance of Eddie. During this time Eddie is tight and clinched to Calvin's hip.

03

Once it's within reach, Eddie grabs the right foot and pulls back for the same finish as with the roll.

Key Points

- **Eddie used to do** the roll a lot more often, but now relies on sitting back, Its odds of success are much higher against a skilled opponent than rolling. The ability to defend is greater in that second or so that the roll takes to perform. *jjm*

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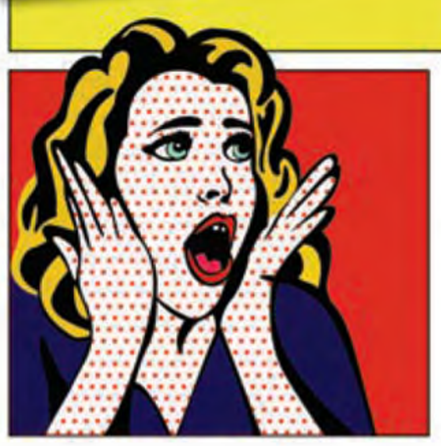

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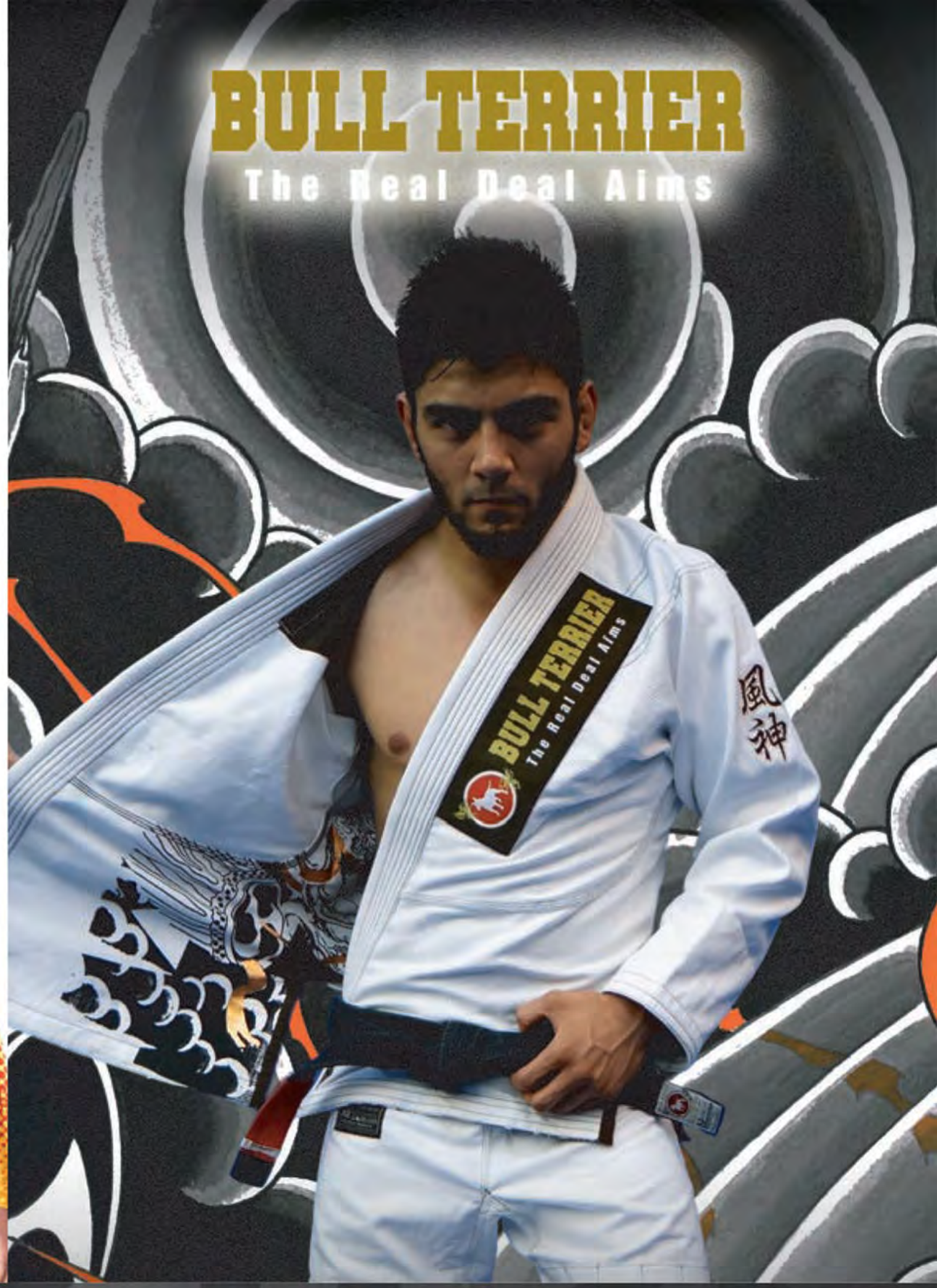

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X MARKS THE SPOT

WORKING THE X-GUARD WITH THIAGO SA FORTES SILVA

Travis Guesnon **Mike Velez**

IN ONLY SEVEN YEARS, THE CHECKMAT TEAM HAS BEEN RESPONSIBLE FOR PRODUCING SOME OF THE TOP COMPETITORS TO DATE SINCE 2008. A creation of championship grapplers themselves, the Vieira brothers (Léo, Ricardo, and Leandro) formed this strong team that includes other well-known, high-level champions. Michelle Nicolini, Joao Assis, Lucas Leite, Marcus "Buchecha" Almeida... any of these names sounds familiar? Well, soon you may be hearing a new name added to that list, as Thiago Sa Fortes Silva is an up and coming black belt under the banner. After winning the IBJJF Rio Open and Brazilian Nationals as a brown belt in 2014, Thiago was awarded his black belt and has already taken the IBJJF European, Las Vegas, and London Open titles. At the young age of 25, it looks as if he is just getting started.

Thiago was born in Alfenas, Brazil but was raised in small town Perdões. He didn't start jiu-jitsu until he was 12, opting to play soccer instead. However, once he convinced his father to enroll him, he's never looked back and has been on the mats since. Quickly proving to be too much for his teammates and only in his young teens, Thiago decided by himself to move to a different town in pursuit of jiu-jitsu greatness. The move paid off, but ultimately he realized another move would need to happen if his aspirations of turning professional were to happen. So in 2012, Thiago moved to Rio de Janeiro, met Ricardo Vieira, and, as they say, the rest is history.

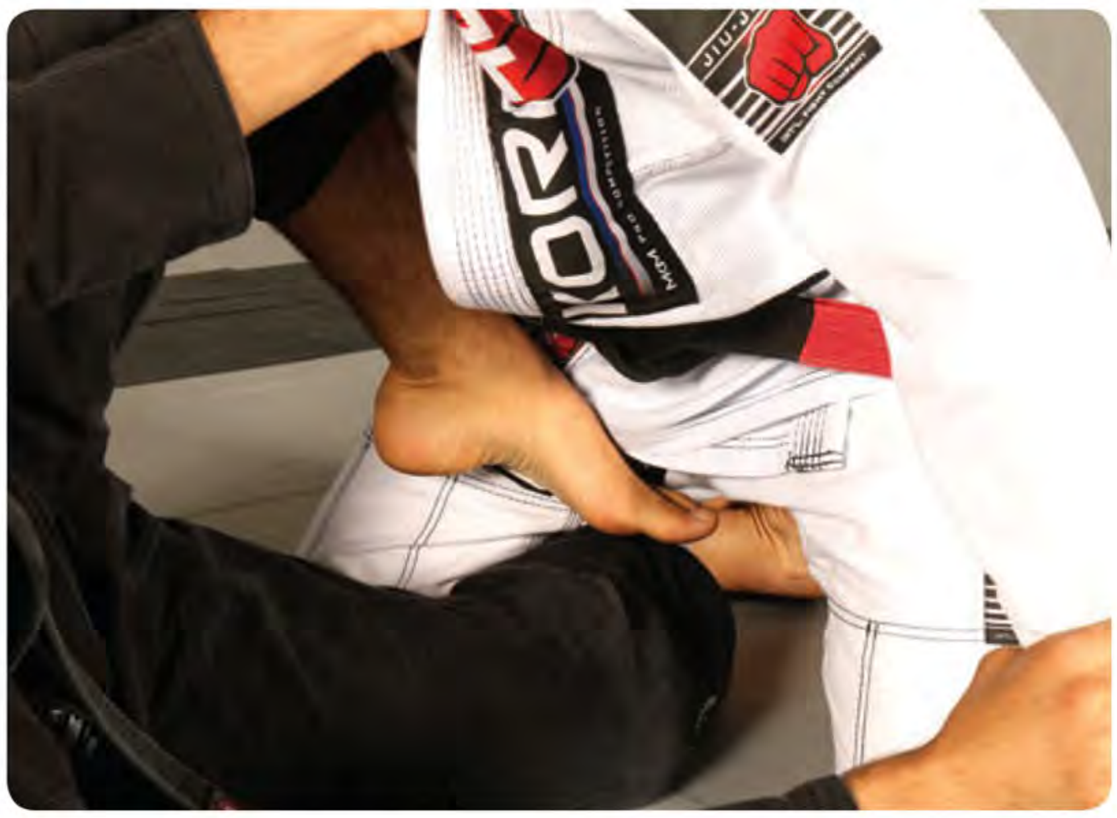
So we headed to Signal Hill, CA and stopped by Checkmat HQ/Ultimate Training Center. It was here; we were able to meet up with Thiago just before the IBJJF Worlds, chat with him, and get some great technical instruction on using the X-guard. Enjoy! If you'd like more information on Thiago and his career you can follow him on Instagram **@thiagosabjj** and Facebook at **www.facebook.com/thiago.safortessilva.**

Thiago will be one to watch in the black belt ranks!

» X-GUARD TO TECHNICAL STAND UP SWEEP

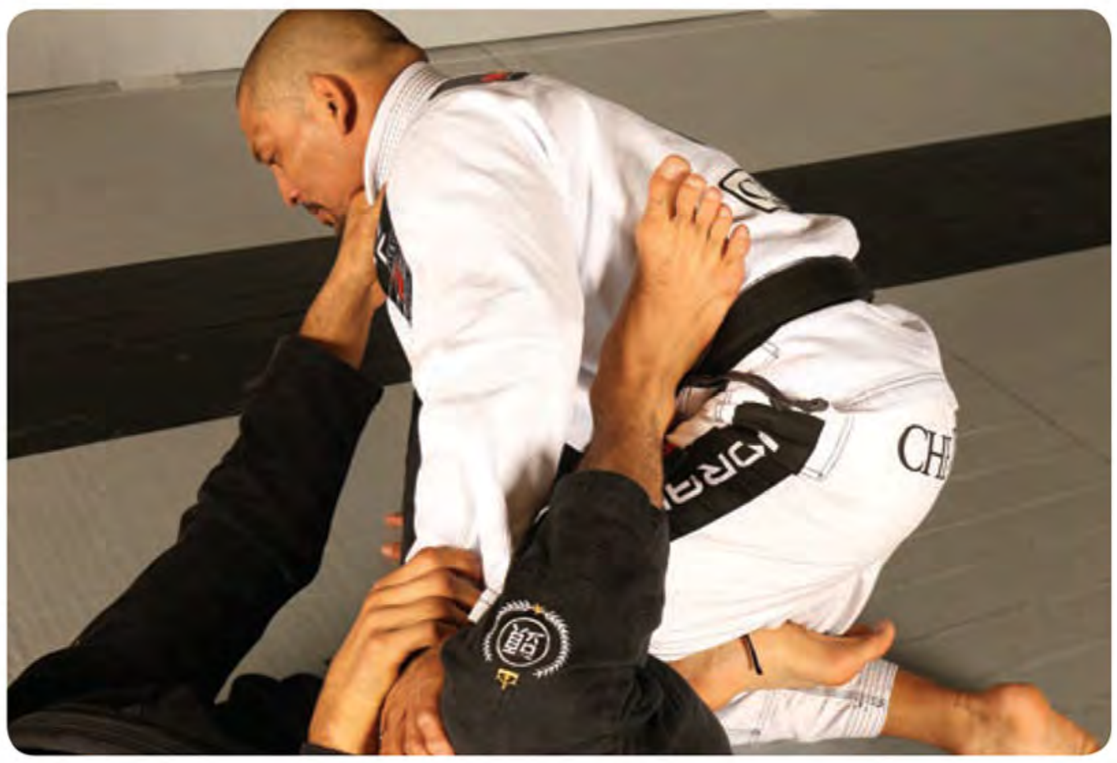
Tony is in Thiago's 93 Guard (aka half guard with a knee shield) and looking to pass, but the knee shield keeps him from doing so. With his left h nd in the collar and his right hand securing Tony's left wrist, he can better manipulate Tony, as well as block a crossface attempt. From here, Thiago weaves his left foot inside and between himself and Tony, so that he is now in a combination half-butterfly guard. Keeping his knee shield high, Thiago pulls across and down with his left h nd, and pushes across and up with his right hand, while simultaneously moving his hips aggressively toward his right. Thiago uses his right leg to elevate Tony from underneath his rear end, which forces Tony to his right, and to straighten his left leg nd become off balance. It also allows Thiago to insert his left foot into the back of Tony's knee, as well as bring his right leg out and around, so he may position his foot on Tony's hip. With Tony's left leg xposed, Thiago reaches underneath and around it, putting it over his shoulder and hugging it. Now, Thiago weaves his right foot from Tony's hip to under his hamstring to transition to X-Guard. Extending his legs forward and posting up on his left h nd, Thiago drives Tony backward, compromising his base even more. He then brings his right leg back, posting his foot to the mat, and uses it and his left h nd so he can bring his left leg bac to execute a technical stand up. Upon doing so, he drives forward, which causes Tony to fall to the mat, and the sweep is completed.

01 Start from 93 Guard and transition to half-butterfly guard.



02

Hip to the side and swim foot out and onto the hip.

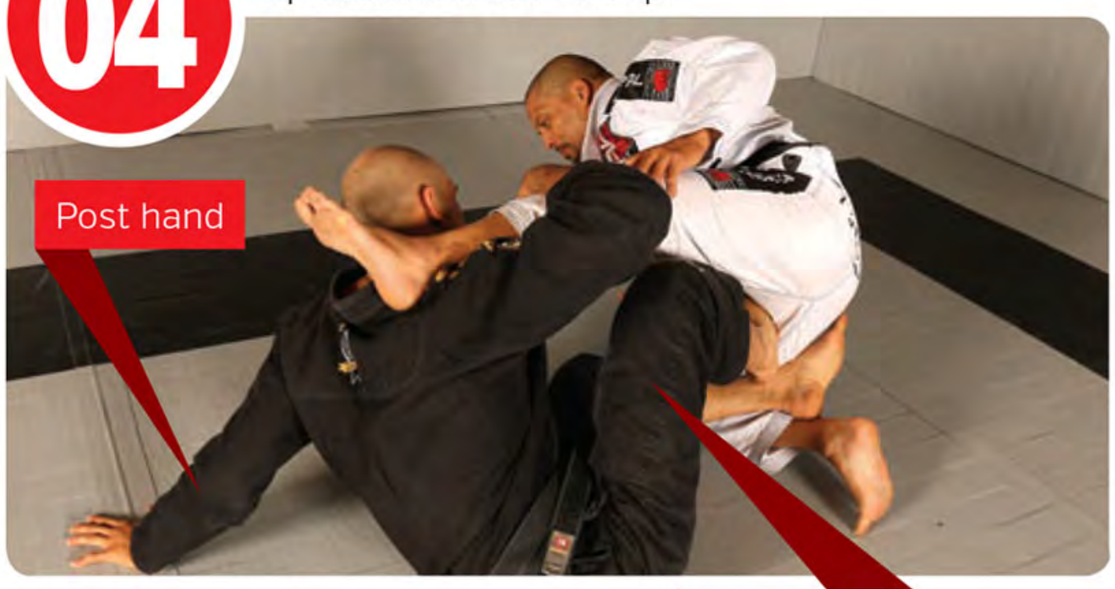


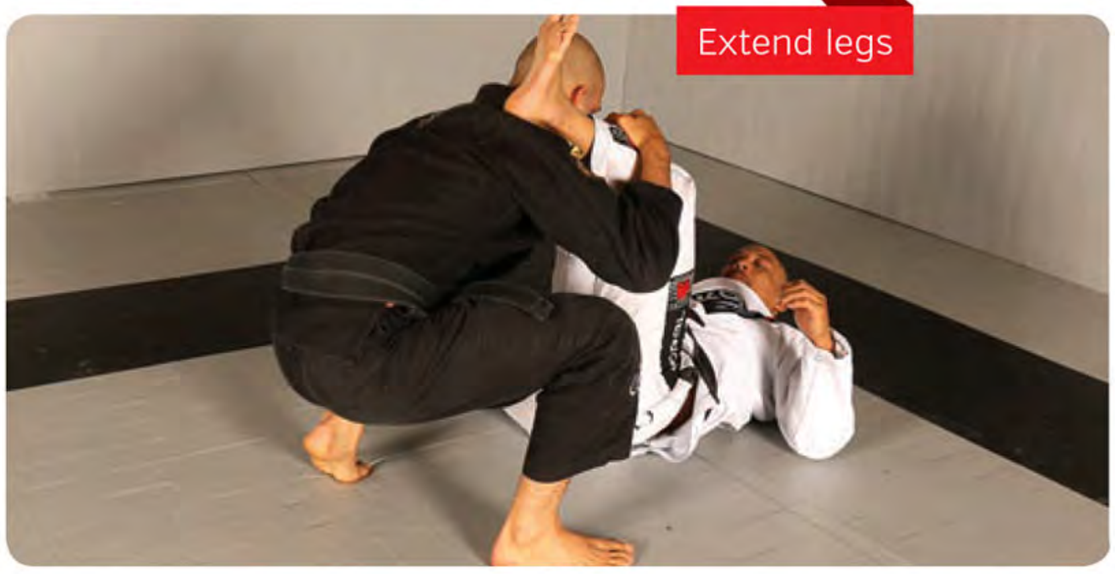
03

Isolate your partner's leg and transition to X-Guard.

04

Transition to technical stand up and finish the sweep.



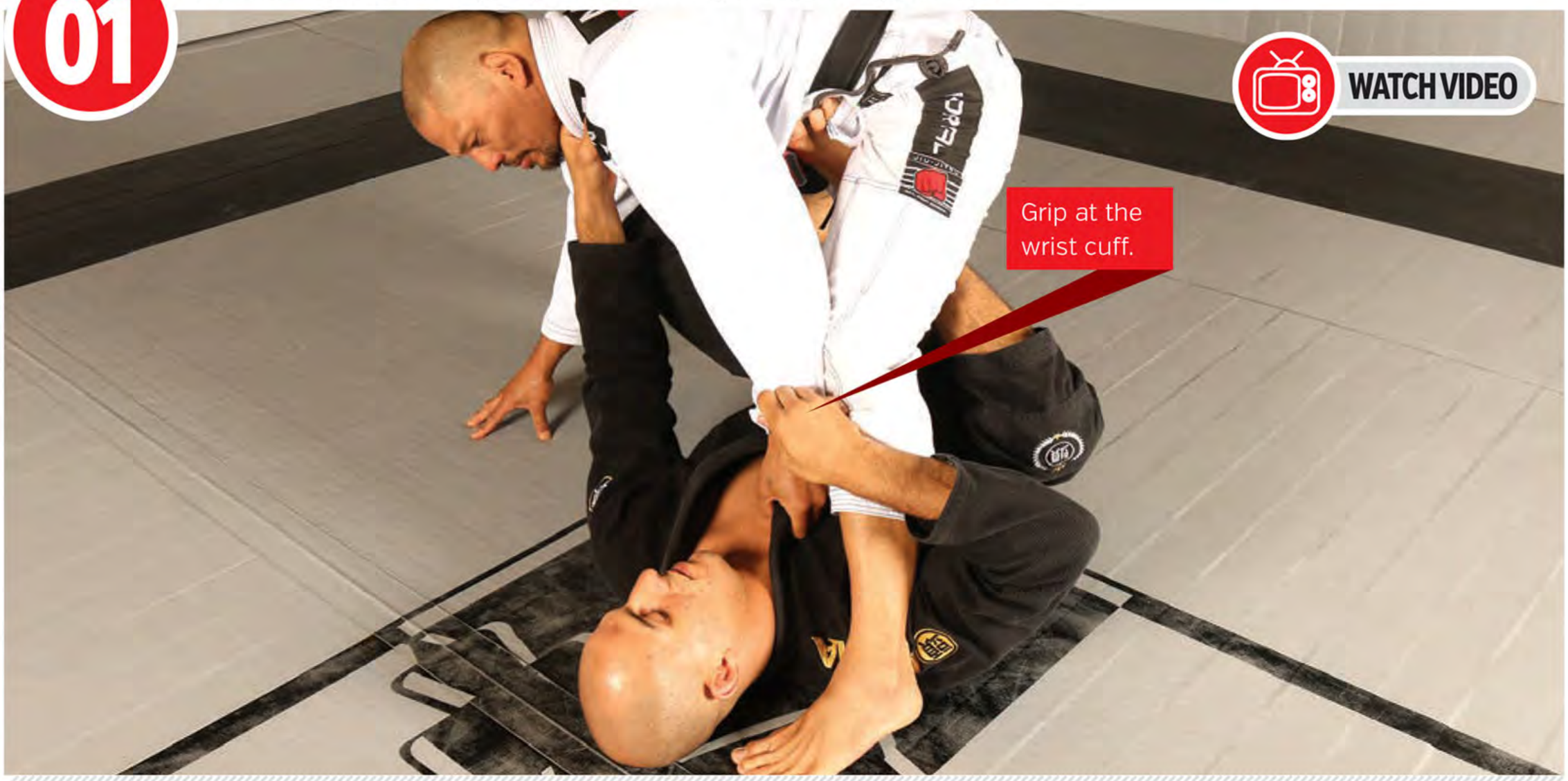


» X-GUARD TO OVERHEAD SWEEP

Beginning from X-Guard, Tony attempts to counter the sweep by grabbing Thiago's collar and standing on his right leg. Thiago re-counters Tony by gripping the wrist cuff of Tony's left arm. He then attempts to extend his legs so Tony will push back into him. Once Tony does this, Thiago pulls down on Tony's collar with his left hand to break his posture. Immediately upon doing so he draws his knees inward, kicks his legs upward to elevate Tony, and performs a reverse roll to come out on top.

01

Start from X-Guard with your partner standing and grabbing your collar.



02

Pull the collar down to break the posture and execute the sweep.

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» X-GUARD TO BACK TAKE

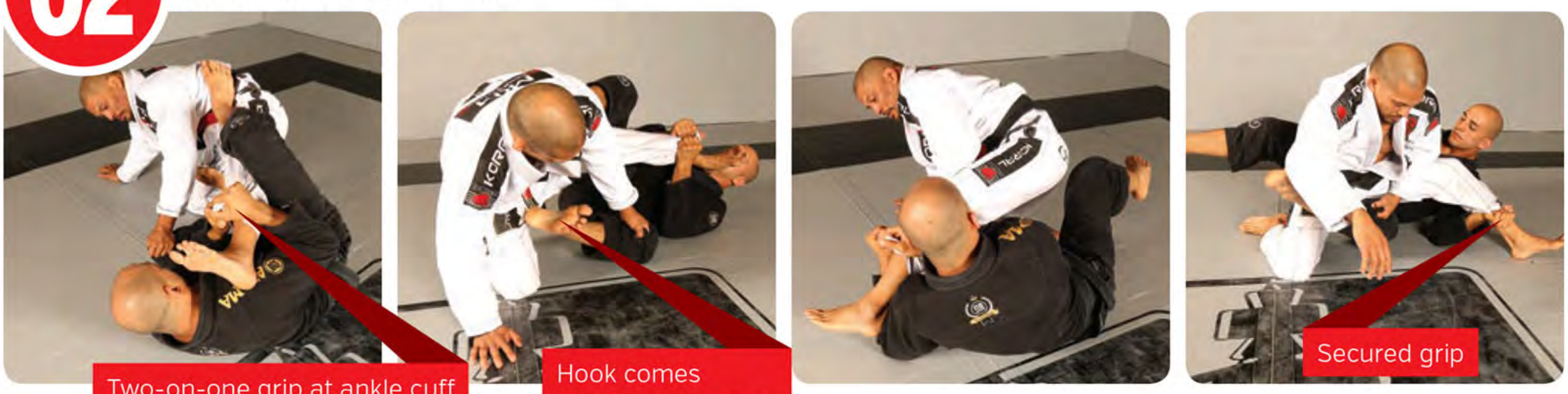
Starting from step 2 of the first technique, Tony attempts a different counter by grabbing Thiago's left p nt leg. By doing so, this eliminates the ability for Thiago to extend his legs. All at once Thiago will remove his left but erfly hook from inside to outside, while gripping near the ankle cuff of Tony's left p nt leg with both hands, and shifting it from his right shoulder to over and past his left. eeping his left-hand grip on the pant leg, Thiago sits up quickly, placing himself behind Tony, and hugs around his waist with his right arm to control the hip. This motion inadvertently allows Thiago's left leg to hook over Tony's right leg. Next, Thiago releases the grip and posts his left h nd on the mat, inserts his right leg as a hook so that he may free his left, nd grips the far lapel with his right hand. He now hips out toward his left, so his l ft leg comes out. Once out, Thiago slides his left knee toward Tony's left side nd sits down on his leg. He'll then fall to his right side, insert his left hook, secu e a seat belt grip with his arms, and has taken the back.

01

Start from here.

02

Change your leg position and shift your partner to the opposite side.



03

Sit up behind your partner.

04

Switch your hooks, fall to the side, and take the back.

» X-GUARD TO KNEEBAR

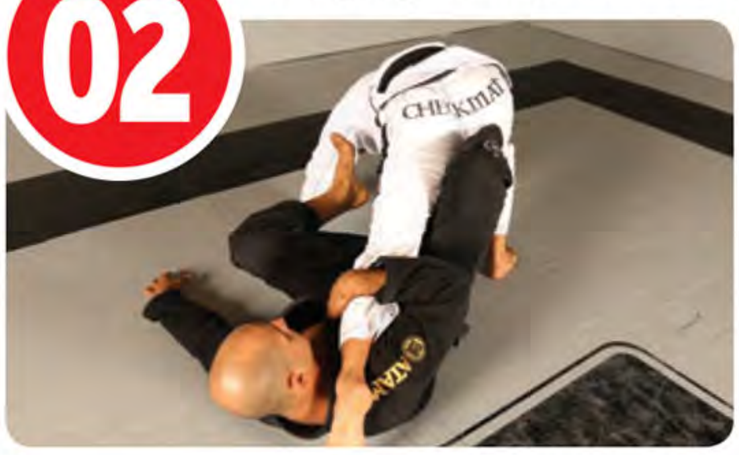
Tony is standing in Thiago's X-Guard, but this time Thiago is looking to finish. He extends his legs at a slight angle to his left, forcing Tony to base with both hands on the mat. From here, Thiago releases the placement of his left foot and brings his hip back by moving it toward his left so that he is on his back. Thiago is still hugging Tony's leg, but it's now facing the opposite direction with his knee aiming down toward the mat. Instantly, Thiago triangles Tony's hamstring, placing his left ankle in the bend of his right knee. Next, he Gable grips his hands, brings his forearms up to Tony's heel, pulls it to him, lifts his hips, and gets the tap.

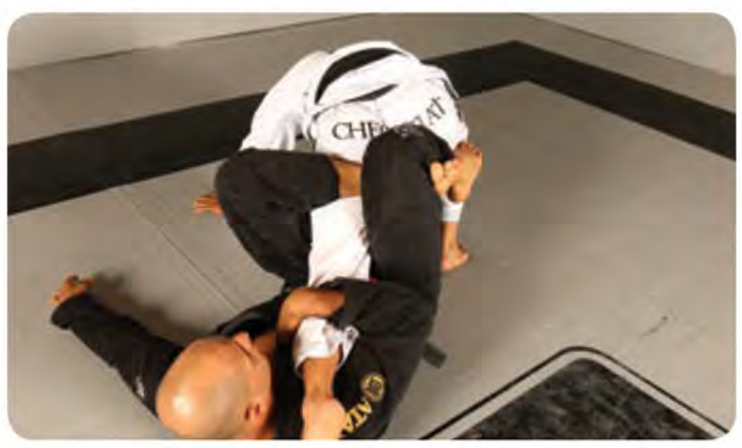
01

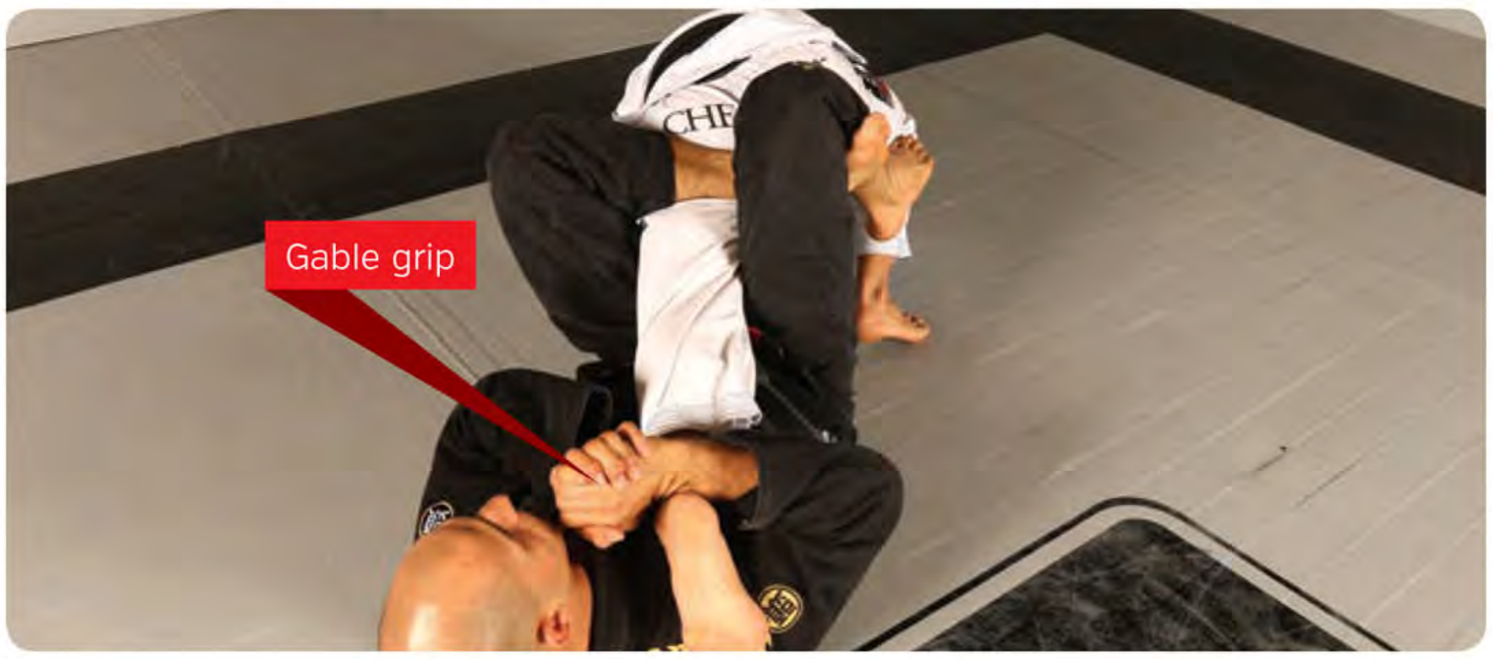
Start from X-Guard and extend your legs at an angle.

02

Bring leg out and around to lock on a triangle, hip up, and finish.







From Bad To Worse

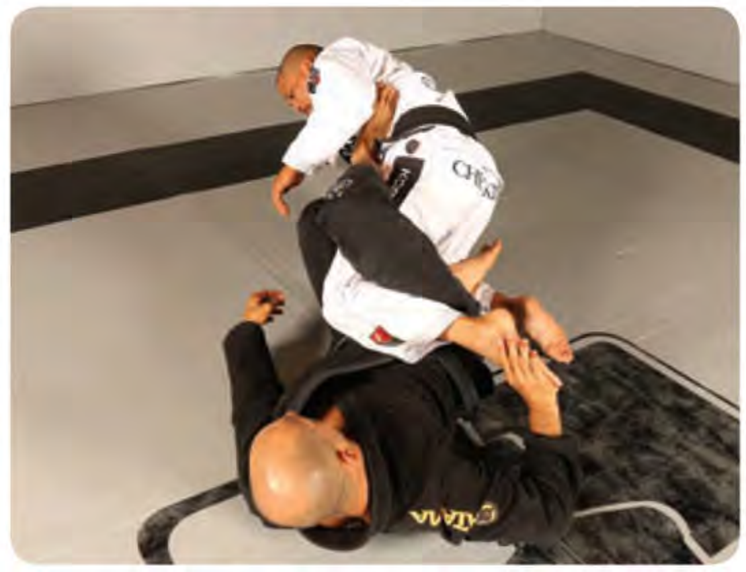
If Tony rolls, he'll make the kneebar worse because now Thiago has much more leverage to stretch backward and inflict damage to the knee. This time Thiago puts the leg behind his right armpit, Gable Grips, brings his elbows back, and pushes his hips forward to finish.

X-GUARD TO TOE HOLD

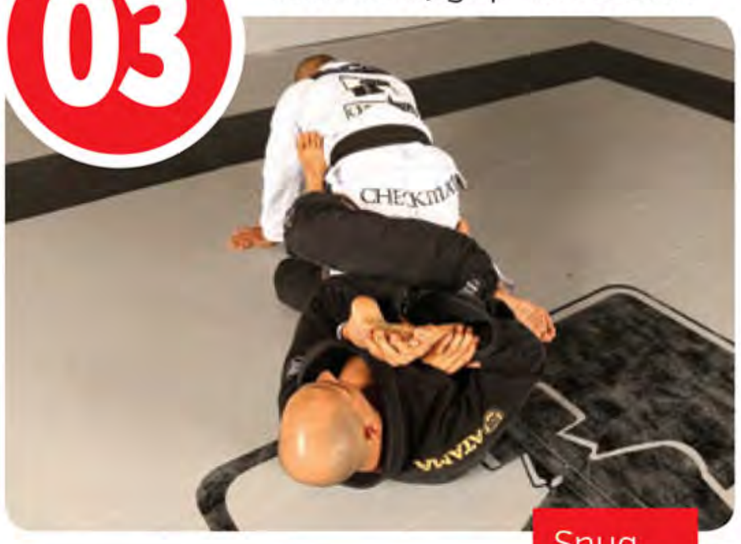
This technique would take place just before Thiago would insert his left foot under Tony's hamstring for X-Guard. With his foot still on Tony's hip, Thiago pinches his knees together tightly to trap the leg. Next, Thiago will grab Tony's left foot around the knuckles of his toes with his right hand and shoulder his body to his right side. Tony adjusts his positioning to escape, but it's too late as Thiago has placed his left forearm behind Tony's heel and locked in a Kimura (double wrist lock) grip. He then pushes down on the toes, forcing the ankle to torque, and drives Tony's foot toward his rear end to execute the submission.

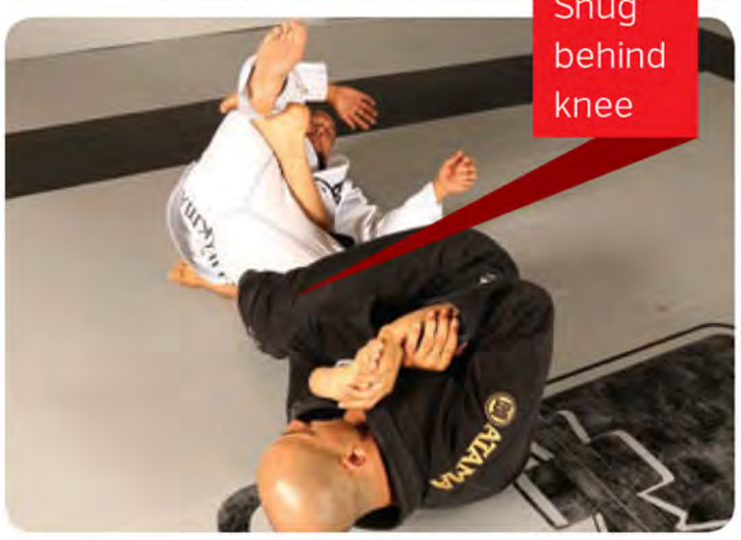
01 Pinch your knees together so your partner cannot escape.

02 Grip your partner's toes and shoulder your body toward the foot.



03 Lock on the Kimura (double wrist lock) grip and finish.





Hail Mary Counter

Tony may attempt to roll, but it's no problem for Thiago as he can still finish, provided he keeps his left foot snug behind Tony's right knee. If Thiago gets lazy and doesn't do so, the race (of pain threshold) is on as Tony can counter with his toe hold. *jjm*

Sensō Jiu-Jitsu
THE SWEEP GI

www.Sensobjj.com

Mike Velez

SENSŌ IS STILL A RELATIVELY NEW GI MANUFACTURER, HOWEVER, THEIR UNIQUE, YET SIMPLE DESIGNS ARE HELPING THEM CARVE OUT A NICE POSITION IN THE MARKET. Based on my previous experience with their first gi, the Dynamo (that I reviewed in Issue 24), I was excited about the new Sweep gi. The Sweep is a lightweight competition gi geared towards players looking for an economical, stylish, and durable gi that's also lightweight. It comes in one color, white, and is available in five sizes A1, A2, A2W, A3, and A4. It sells for just $135, plus just $5 for shipping directly from Sensō at their website and is also available at **rollmore.com**

Pants

I recently read the book "Essentialism" by Greg McKeown. The book is about stripping away all the noise and getting down to the absolute basics in every aspect of life. The folks at Sensō must have read it also. The pants are made of 10oz 100% twill cotton. Considering that the Sweep is a "lightweight" gi I was surprised Sensō didn't go with rip-stop in the pants. The 10oz is lighter than the 12oz found on the Dynamo. Silver contrast stitching runs along all the seams. When two or more pieces of fabric are mated together, the seam is triple stitched. The knee areas are doubled up with the same material for a little extra padding. Eight grey belt loops help to keep the slightly stretchable rope drawstring in place once fastened around the waist. Along the bottom of the cuffs is an aqua and orange tape sewn in with a unique "zig-zag" stitching. As for branding, the pants are relatively clean with a simple "Sensō" logo embroidered along the left thigh and soft " weep" patch sewn in along the top right thigh. Not too flashy, not too basic.

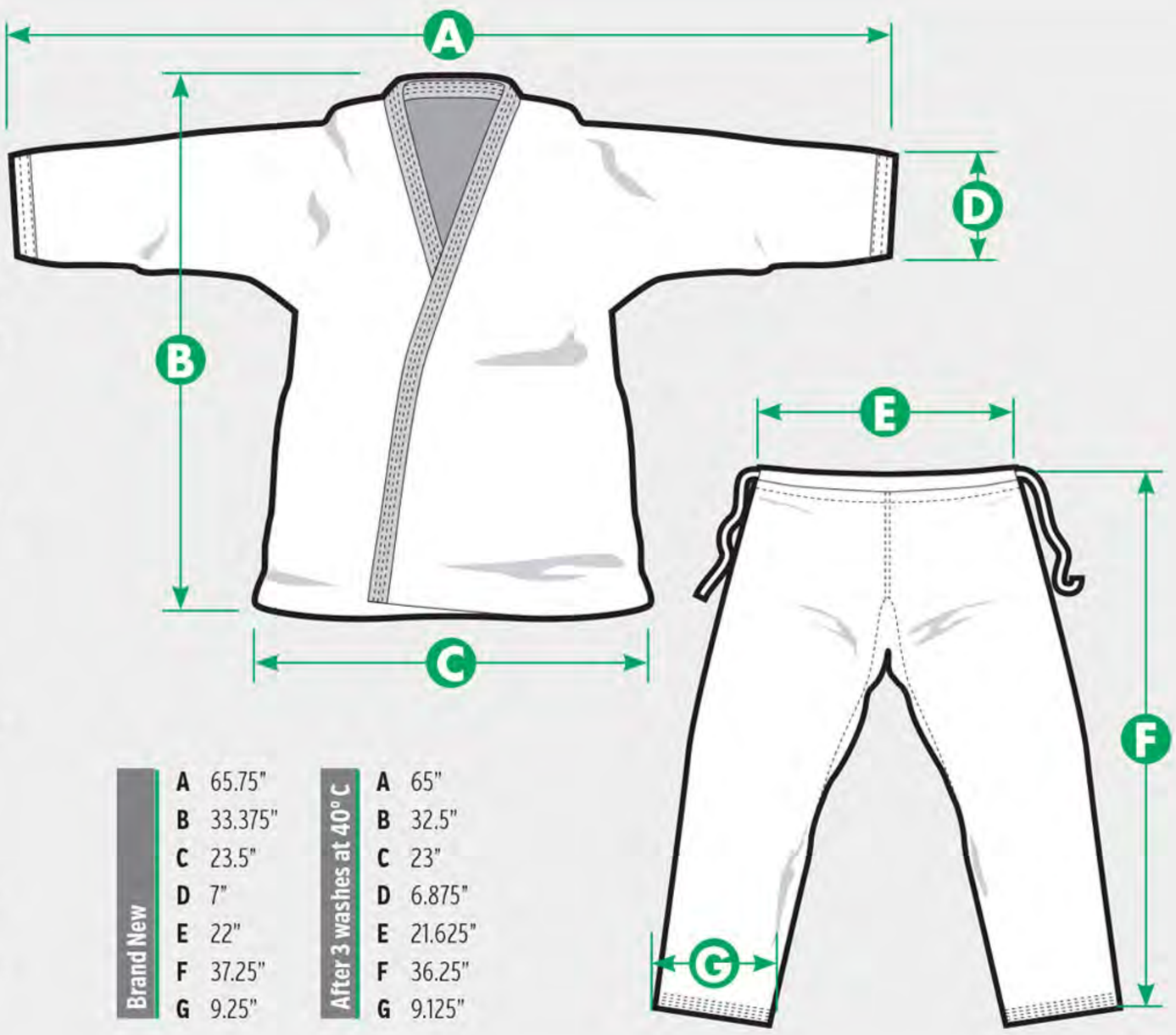
Jacket

The very first thing I noticed about the jacket when I picked it up was how soft the 100% Cotton 420 Pearl Weave cotton is. It's soft! This has some good and bad attributes. First, the good: it's super comfy. Even after line drying, the cotton retains its soft feel. After a few dozen rolls it's like wearing pajamas it's so comfortable. The bad side: it stretches. My experience with very soft gis is such that it tends to stretch a bit when rolling. This attribute is exaggerated a little once you work up a good sweat. Sensō acknowledges that their cotton is "brushed," this is one reason it's so comfy. The jacket is a single-piece cut with a low yoke. Like the pants, the jacket features contrast grey stitching with triple stitching where two pieces of fabric are joined. Reinforcement is sewn into the side slits to keep the gi in one piece, as well as in the shoulders. There's no extra reinforcement in the armpits, the design of the jacket doesn't necessitate it. However, some companies do add this in. The collar is made of lightweight EVA foam and covered in rip-stop material. On a scale of 1 to 10 in terms of stiffness, it's about a 4. That means protect your neck if someone's working on your collar. It is, however, very comfortable and can give you an advantage if you find yourself using your own collar on others.

In the styling department, Sensō turned it up a bit on the jacket. Fans of the Miami Dolphins will love this one. I'm fond of orange, so it suits my tastes as well. A "Sensō" patch is embroidered onto the left chest, and it's fairly flexible and shouldn't cause you any concern for hindering your game. The unique zig-zag stitching keeps aqua and orange tape on the inside of the cuffs and along the bottom of the jacket skirt. A small "Sensō" logo is embroidered into the left ear of the jacket, and a cool little broom is stitched onto the right rear. Finally, a small grey "Sensō" logo is stitched into each sleeve below the shoulders.

Fit and Feel

I really liked the first gi that I tested from Sensō, the Dynamo. In fact, I competed quite a few times in it as a purple belt. It fit me nicely and was relatively comfortable. So, when I got my hands on the Sweep, I was excited to give it a try. The A2 pants were a little on the loose side the first time on, but the length was pretty good [I'm 5'8" 200lbs]. The jacket has a "slim fit" cut that at first had me a little worried seeing as how "slim" is not an adjective that anyone's used to describe me in the last 10 years. The first fit was good in the shoulders, an area of concern some times, and the sleeves were almost perfect, just a tiny bit long. Closing the front of the jacket didn't look quite like the photos on the website. The left side did fold over the right, but not by much. I attribute this to the "slim fit" and my not so "slim" physique. After washing and wearing a few times, the sleeve length shrunk up just enough so that I'd say it's "perfect" now. The pants shrunk as well [see measurements] and now fit nicely all around. Sensō gives some pretty detailed instructions on their website on exactly how to shrink the Sweep to get that perfect fit.



	Brand New	After 3 washes at 40° C
A	65.75"	65"
B	33.375"	32.5"
C	23.5"	23"
D	7"	6.875"
E	22"	21.625"
F	37.25"	36.25"
G	9.25"	9.125"

Rolling With It

The first time I wore the Sweep was prior to it ever being washed. I normally don't do this, but I had it in my trunk, and it was the only gi I had that day. After putting it on and getting through a warm-up, I was impressed with how comfortable it was. After being stuck in someone's spider guard for a while I remembered the downside to a very soft gi - som times it stretches. That was the case the first time out. After a couple hours of training, my sleeves were a bit stretched out. During the first few wash cycles, I threw the gi in my dryer for about 20 minutes after line drying for a while. The shrinkage was just about right. The sleeves became a little shorter on me. Since making that adjustment the gi's retained its soft feel and any stretch I've experienced in the sleeves, hasn't been much of an issue.

Testing the Sweep gi helped me appreciate thinner collars a little more. Through countless rolls, I never felt like the thickness of my collar ever really increased my odds of getting choked. They either have a good grip, or they don't. But I did appreciate its flexibility. It's nice to sit down without your gi opening up like a 70's disco star, thanks to collars that don't bend.

The pants were pretty comfortable, enough room to move freely. The length was a little on the short side, which I didn't mind at all, and should pass inspection without any problem. If you're 5' 10" and above, and normally wear an A2, this might be an issue for you. The rope drawstring held in place for the most part.

Highlights & Specs

- Pants are 10oz 100% twill cotton
- Jacket is 100% Cotton 420 Pearl Weave
- Collar is made of lightweight EVA foam and covered in rip-stop material.
- Unique zig-zag stitching keeps aqua and orange tape on the inside of the cuffs and along the bottom of the jacket skirt
- Available in five sizes A1, A2, A2W, A3, and A4.
- Sells for just $135, plus just $5 for shipping directly from Sensō at their website and is also available at **rollmore.com**

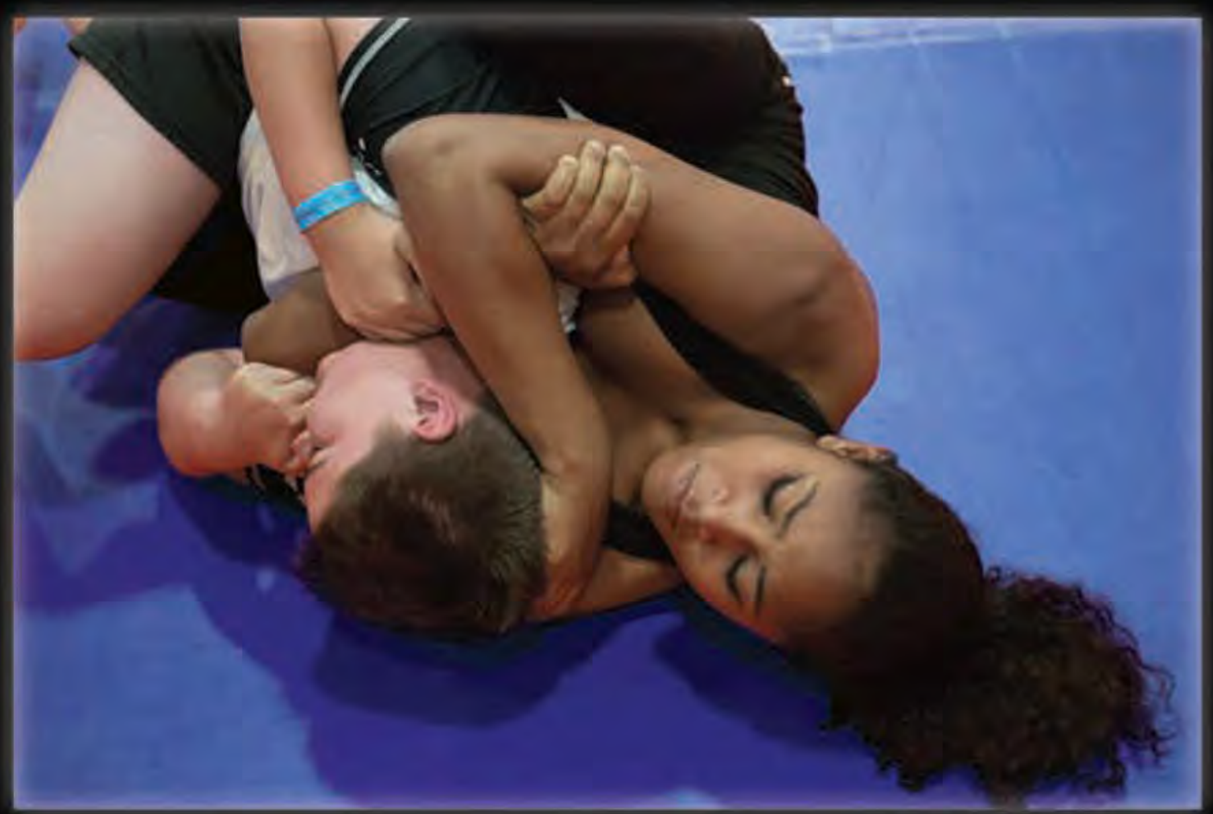
Verdict

Solid value with a soft nd stylish feel.

PERORMANCE: ★★★½☆
VALUE: ★★★★☆
OVERALL: ★★★★☆

CONCLUSION

Once again, Sensō has impressed me with their latest inexpensive offering, The Sweep. It features a clean, simple design with just a few bells and whistles. It's super comfortable thanks in part to the combed cotton. My only complaint is that the soft otton seemed to stretch a little at times for me. If this is an issue for you, then give it a few spins in a hot dryer to shrink it up a bit more. I thought I would have issues with the feel of a lighter than usual collar, but I ended up liking it. When you factor in price, style, and quality, the Sensō Sweep is a winner in my book. *jjm*



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October 17**	Atlanta, GA**
October 24**	St. Louis, MO
October 31**	Oklahoma**
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Travis Guesnon

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I SUPPOSE IF ANYONE WERE GOING TO TEST A PAIN RELIEVING PRODUCT THEN THERE'D BE NO BETTER PERSON THAN ME. [sighs] Unfortunately, I hurt my knee the night before our photo shoot with Jean Jacques Machado and like a dolt I, of course, couldn't pass up sparring with members of his team. Needless to say, I've been dealing with chronic pain since then. Coincidentally a new player has joined the ranks of topical analgesic, pain relieving, muscle rubs named Battle Balm.

What It Is

Battle Balm is made specifically for combat sports athletes and their pain-relief needs. Battle Balm says that their product is a "Dit Da Jow." I only recently found out what this was just a couple weeks prior to my injury. My instructor has been making it at home for some time now and kept praising its healing capabilities. Dit Da Jow by definition is a combination of natural herbs made into an analgesic liniment to stimulate blood circulation, reduce pain and swelling, as well as improve healing of injuries, created and used by martial artists. The problem is this stuff is expensive, and it takes a long time to make because you have to let it sit for weeks or months for increased potency. Low and behold, Mike drops Battle Balm on my desk and suggests I try it. Seriously, I can't make this stuff up.

What It Does

Battle Balm claims to reduce inflammation and swelling, loosen up muscles, battles pain (pun intended) and soreness, eases sprains and strains, relieves arthritis and chronic joint pain. When applied it warms the area while simultaneously cooling it to improve circulation. It does all of this while providing anti-fungal/ bacterial protection.

Why It's Different

In comparison to Dit Da Jow, it's not a liquid, and it doesn't stink. Compared to other balms it's made up of 100% natural ingredients of organic herbs, has no additives or chemicals in it, is less greasy, and doesn't smell as bad. Rather than one standard formula there are three types of balms; original strength, extra strength, and Demon strength to suit your needs. Which to use depends on how much pain you are in. You can purchase it in 2 oz canisters individually, or you can buy a three-pack. A less expensive three-pack is also available with .5 oz canisters. A .75 oz stick version is also available if you're worried about a mess.

Personal Experience

Although no balm that I know of is actually going to "fix" an injury, it did certainly loosen up and relax my muscles, while providing a fair amount of pain relief to the side and back of my knee. The minty smell is powerful, but not repellent. After Battle Balm is first applied the area does remain a bit "greasy" but this goes away after a little while once it's absorbed into the skin. I used all three varieties and found myself using the Demon strength the most. When applied the heat generated is very cool, not stinging like some other balms I've used. I recommend checking out the Battle Balm website and clicking on the '20 Uses' and '10 Reasons Why' tab for further info. One use that I found very useful was to help clear up some congestion I had by just rubbing some of the Demon strength onto my chest. *jjm*

Verdict

Very effective in reducing common pains in a natural way. The best balm I've ever used.

PERORMANCE: ★★★★★
VALUE: ★★★½☆
OVERALL: ★★★★½

Options and Prices

- Original and Extra Strength 2oz. **$19.95**
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GRIPS Athletics 'CYBORG' LIMITED EDITION GI

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Travis Guesnon **Mike Velez**

I HAVE A PRETTY COOL JOB. I love jiu-jitsu, roll every chance I get and am spoiled by all the great gi's that come through our office. Unfortunately, I'm not the first one to take their pick of gi's that come through. Every now and then, however, a gi comes through the door that happens to fit me perfectly, and that means best fit gets to test it! I've never worn a gi from GRIPS Athletics prior to this, but have always heard nothing, but positive things about their offerings. Needless to say, I was more than happy to try out their limited edition 'Cyborg' gi.

Pants

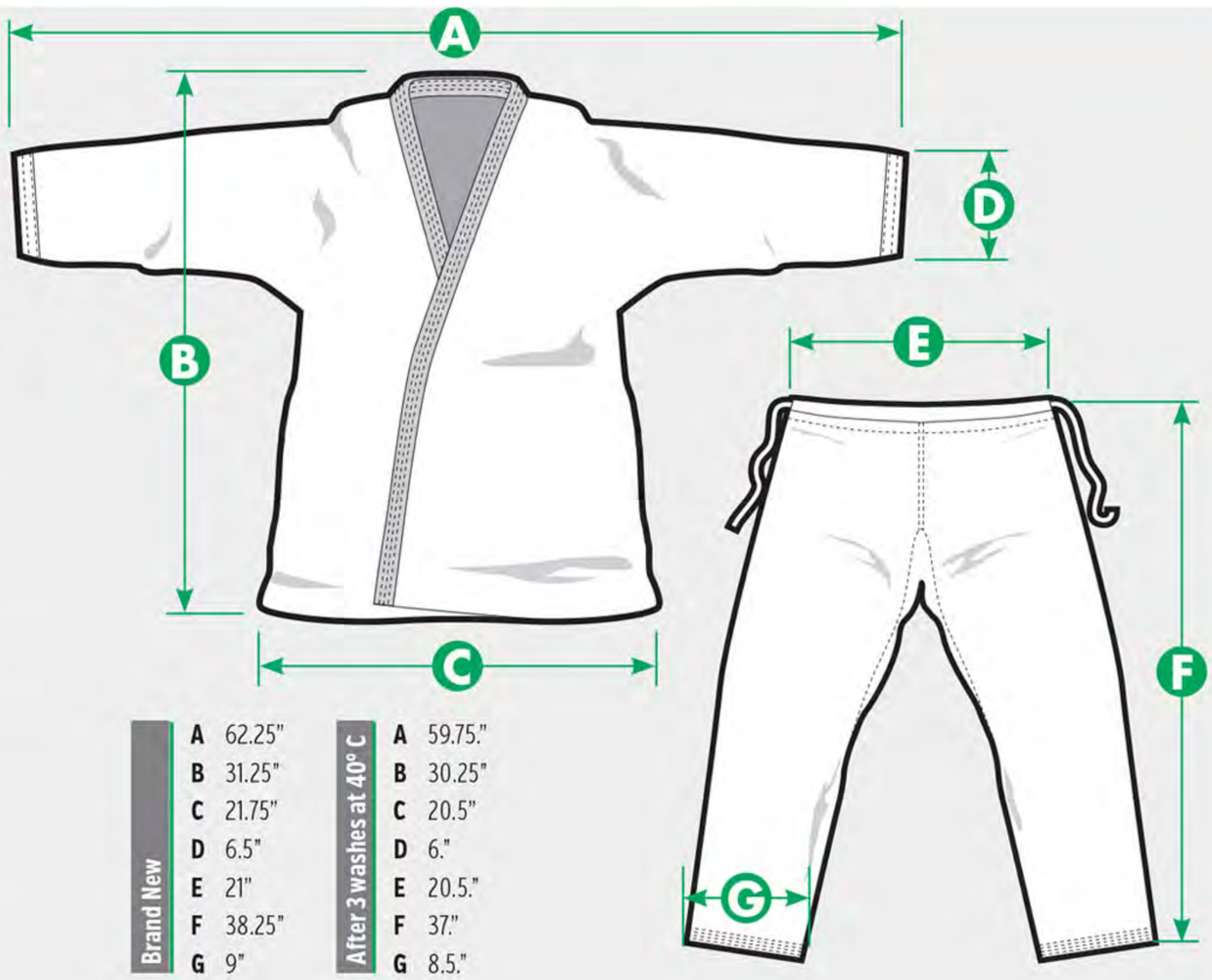
The pants are 100% Cotton Japanese Twill Weave and are super sturdy, so I don't foresee any horrendous tearing any time soon. Both double and triple stitching (specifically reinforced in the key stress points) are used throughout the pants. The stitching is perfect, no cross-overs anywhere. The pants have a clean look with the use of both contrast stitching in gray and non-contrast stitching of black in the knee areas. As for branding, there's an embroidered GRIPS logo near the right hip area and a gi patch on the opposite side stating the name and model of the gi. The only other branding is a patterned, red tape line running around the length of the waist with "GRIPS" repeatedly on it. You'll also find two side slits/vents on each side of the pants. An elastic padded, red drawstring with another type of design pattern runs through the super sturdy six belt-loops.

Jacket

Being that the name of the gi is 'Cyborg,' it's only fitting that there is a mechanical design pattern of the inner workings of a machine inside the gi. A large portion of this runs along the shoulder area, as well as near the slits/vents on the bottom sides and is made of padded COOLMAX material to keep you drier (wicking sweat away) and cooler at the same time. As for the main portion of the jacket, it's a 100% Cotton Pearl Weave with contrast double and triple stitching like the pants. The triple stitching is in all the primary seams. The side slits are very large in terms of length, so they allow for the best possible mobility. The lapel is fairly thick, but not unbendable either. Branding is just suffici t enough to let you know who created this good looking gi, but not overwhelm your senses with it. The most visible areas of this are the embroidered GRIPS logos on each arm and more of the same red tape line running both on the inside and outside, and across the bottom of the jacket. Other branding includes a patch on the bottom of the left l pel stating the model type and the embroidered stitching of the model on the left side, mid rea. There's an inside pocket on the lower right side that is made of the COOLMAX material, where you can house your mouthguard, iPod, ID, or other small items.

Fit and Feel

Immediately, the most noticeable thing about the pants is the inner mesh located on the large kneepad areas. It felt great! It felt cooler and more padded than any other gi pant I've worn. It may be secure, but the triple stitched reinforced gusset ran a little high for me and could be annoying at times. The drawstring is not flimsy and doesn't overly stretch; it's not coarse either. It also doesn't have those large knots that many of us have become accustomed to, which is a plus. The drawback, however, is that the drawstring has open frayed material from its inside at the ends. It hasn't come apart yet and I'm hoping things stay that way. The large embroidered logos on the arms felt a little stiff. I really like the feel of the padded COOLMAX areas of the jacket. Overall, both the pants and jacket were very comfortable.



Brand New		After 3 washes at 40° C	
A	62.25"	A	59.75."
B	31.25"	B	30.25"
C	21.75"	C	20.5"
D	6.5"	D	6."
E	21"	E	20.5."
F	38.25"	F	37."
G	9"	G	8.5."

Rolling With It

Though very sturdy, neither the pants nor the jacket are overly stiff and move quite well with your body as if they were laced into your own anatomy like that of well... a 'Cyborg.' Having the belt loops at the very top of the pants... dare I say, were perfectly placed. The loops are spaced with two being about an inch apart in the middle, another two right next to the slits/vents on the sides. The two remaining loops are between those. This setup kept the pants snug in place, with no sagging and a drawstring never got in my way, became loose, or started to untie. Take note gi manufacturers. Whoever suggested the COOLMAX inside of the gi - BRAVO! It delivered as promised. Still, the coolest thing is the mesh knee padding area. I was really impressed with how comfortable the COOLMAX padding felt in the kneepads.

Highlights & Specs

- Available in 6 sizes, A0-A5
- Two color schemes of either black with red trim or white with black trim
- A2 weighs 3.6lbs total (1.2lbs pants, 2.4lbs jacket)
- $189 on the GRIPS Athletics website

Verdict

Solid gi, durable, clean esthetics, nice features, decent price.

PERORMANCE: ★★★★☆
VALUE: ★★★½☆
OVERALL: ★★★★☆

CONCLUSION

The Cyborg is great if you're looking for an all-around gi that can serve every purpose. The entire gi is comfortable, not heavy, feels strong, and the craftsm nship is evident in every detail. *jjm*

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Canada, St. John's, NL		Alex Foley	709-237-5425
Canada, St. John's, NL		Michael Foley	709-738-8109
Colombia, Floridablanca		Sergio Daza Suarez	311-476-6020
Iceland, Reykjavik		Johann Eyvindsson	-
Norway, Østfold, Halden		Jon Fannar	004797681704
Riga, Latvia		Jevgenijs Minajevs	37127616064

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GI 411

"WHAT WAS THE NAME OF THAT GI THAT GUY WAS WEARING?" It's a common question, often times the name escapes even the most seasoned gi sophisticate. For that reason we went through the task of collecting the name and web address of every gi maker we could find. If there's someone missing, or if you're a gi company that would like your logo included let us know. Email **gis@jiujitsumag.com**

#

93 Brand
rollmore.com/brand_93%20Brand

31 Fift
31fift .com

A

Adidas
acsgear.com

Aggrobrand
store.aggrobrand.com

A&P (Albino & Preto)
Shoyoroll.com

Aesthetic
fightaesthetic.com

AK
akbjj.com

Armadura
armadura.us

Armor Kimonos
akbjj.com

Arte Suave
shop.artesuaveclothing.com/products

Atama
atamausa.com

B

Bad Boy
badboy.com

Badger
badgerkimonos.com

Battle Gear
battlegearbjj.com

BC Kimonos
bckimonos.ca

BJJ Globetrotters
bjjglobetrotters.com

BJJ Religion
bjjreligion.com

BJJ Sports
bjjsports.com

Black Eagle
black-eagle.co.uk

Blank Kimonos
fightersmarket.com

Brazil Combat
brazilcombat.com

Brazilian Fightwear
brazilianfightwear.com

Break Point
breakpointfc.com

Bull Terrier
btfightgear.com

C

Century
centurymartialarts.com

Combat Corner
combatcorner.com

Combat Skin
combatskin.com

Competidor
facebook.com/CompetidorBrand

Conca Fight Gear
conca.us

Contract Killer
contractkillerclothing.com

CTRL Industries
ctrlindustries.com

D

Da Firma
dafirmabjj.com

Datsusara
dsgear.com

Day By Day
daybydayjiujitsu.com

Detales
detalesclothing.com

Do Or Die
doordie.com

Dokebi Bros
dokebicombat.com

Dom Fight Gear
domgear.com

Dragao
shop.dragaokimonos.com

DX Kimonos
facebook.com/DxBjj

E

Enzo
enzokimono.com

Ezekiel
facebook.com/EzekielKimono

F

Faixa Rua
faixarua.co.uk

Falcon
falconbrandltd.com

Fenom
fenomkimonos.com

Flow Kimonos
flowkimonos.com

Fluxk
www.fluxk.com/bjj

Freestyle Customs
freestylecustoms.net

Fudoshin
tatamifightwear.com

Fuji
fujisports.com

Furia
furiastore.com

Fushida
fushida.ca

G

Gambaru Fightwear
gambarufightwear.co.uk

Gameness
gameness.com

Gawakoto
store.gawakotoclothing.co.uk

Gorilla Gear
gorillagear.ca

Grab And Pull
grabandpull.co.uk

Gracie Barra Wear
gbwear.com

Grips
gripsathletics.com

Ground Game
groundgameshop.com

Groundwork Gear
groundworkgear.com

Grunt Work Clothing
gruntworkclothing.com

Grypp Styles
gryppstyles.com

H

Happy Kimonos
happykimonos.webs.com

Hayabusa
hayabusafight.com

HCK (Howard Combat Kimonos)
howardliu.com

Hyperfly
doordie.com

Hypnotik
bjjwarehouse.com/hypnotik

I

Inverted Gear
invertedgear.com

Isami
isami-eng.com

J

JACO
jacoclothing.com

Jiu-Jitsu Athletica
brazilianfightwear.com

Jiu-Jitsu Pro Gear
jiujitsuprogear.com

Just A Girl
justagirlbjj.com

K

K2 Fight Gear
k2fightgear.com

Kauai Kimonos
kauaikimonos.com

Keiko
keikosports.com
keikousa.com

Killer Bee
killerbeegi.com

KINGZ
kingzkimonos.com

KO Sports Gear
kosportsgear.com

Koral
koralusa.com

Kozen
kozenfighter.com

Krugans
krugans-usa.com

L

Lanky Fight Gear
lankyfg.com

Life And Death
lifeanddeathkimonos.com

Loyal
loyalbjj.com

Lucky Gi
myluckygi.com

M

MKimonos
mkimonos.com

Macaco Branco
macacobranco.com

Maeda
maedabrand.com

Manilla Kimonos
manilakimonos.com

Manto
mantousa.com
mantofight.com

Mata Leon Kimonos
mataleonkimonos.com

Maximus Kimonos
maximuskimonos.com

Meerkatsu
meerkatsu.com

Modern Flow
modernflowbrand.com

Moya Brand
moyabrand.com

Muae Wear
muaewear.com

N

Naja
najaextreme.com

O

OK! Kimonos
okkimonos.com

Omega Maniac
omegamaniac.com

Onda
shop.ondabjj.com

Origin
originmaine.com

OSS Clothing
ossclothing.com

OSS Kimonos (Brazil)
osskimonos.com.br

OTM (On The Mat)
onthemat.com

Ouano
ouano.com

P

Padilla & Sons
matrat.us

Piranha Gear
piranhagear.com

Platinum BJJ
platinumbjj.com

Podium
podiumjiujitsu.com

Prana Gi Company
pranagicompany.com

Pressure Brand
pressurebrand.com

ProForce Martial Arts
proforcema.com

Progress
progressjj.co.uk

Proma Gear
promagear.com

Q-R

Red Nose
rednoseusa.com

Red Star
redstarbjj.com

Reevo
reevomma.com

Rei-Gi
rei-gi.com

Ring To Cage
ringtocage.com

Roger Gracie Kimonos
brazilianfightwear.com

Roll Junkie
rolljunkie.com

Roll Supreme
rollsupreme.com

Roots Brand
shop.rollwithroots.com

Ronin
facebook.com/RoninBrandGis

Royal Combat
royalcombat.com

S

Scramble
scramblestuff.us

Senso
sensobjj.com

Shimono Kimonos
shimonokimonos.com

Shodan Kimonos
facebook.com/ShodanKimonos

Shoyoroll
shoyoroll.com

Soul Kimonos
www.soulkimonos.bigcartel.com

Soul Roll Jiu-Jitsu
soulrolljiujitsu.com

Storm
stormkimonos.com

Strike Fightwear
strikefightwear.com

Sub Apparel
subapparel.com

Subculture USA
subcultureusa.com

Submission Fight Co.
submissionfc.com

Submission Sniper
submissionsniper.com

Submit One
facebook.com/submitoneclothing

T

Tatakai
fightingrocktopus.com

Tatami Fightwear
tatamifightwear.com

Triumph United
triumphunited.com

Tufrol
tufrol.com

Tukano kimonos
tukanokimonos.com

U-V

Valor
valorfightwear.com

Vandal Kimonos
vandalkimonos.com

VHTS (Very Hard To Submit)
vhtsny.com

Veni Vidi Vici
vvvfightco.com

Venum
venumfight.com

Vulkan
vulkanstore.com

W-Z

War Tribe
wartribegear.com

X-Guard Brand
www.xguardbrand.com

Yudan Kimonos
facebook.com/yudan.kimonos

Zombie Kimonos
zombiekimonos.com

2015 IBJJF WORLD CHAMPIONSHIPS

Mike Calimbas

Mike Calimbas and Mike Velez

WORLD CHAMPIONSHIPS

2015 WORLD JIU-JITSU IBJJF CHAMPIONSHIP

THE **2015 IBJJF WORLD JIU-JITSU CHAMPIONSHIP** TOOK PLACE FROM MAY 28-31 IN LONG BEACH, CA. Largely recognized as the most significant and available tournament around, the 2015 IBJJF Worlds once again featured some of the most ambitious grapplers from around the world making the pilgrimage to the Pyramid to vie for the coveted honor of being known as a world champion.

This year's edition, the 20th anniversary of the BJJ Worlds, began with several exciting questions yet to be answered. Would **Marcus "Buchecha" Almeida** be able to win his fourth straight absolute title? Would longtime rivals **Rafael Mendes** and **Cobrinha** meet in yet another featherweight final? What would happen if **Keenan Cornelius** and **Tim Spriggs** met in the second round of their division as expected? Who would rise amongst the brown belts now that the MG duo of **Matthew Diniz** and **Dillon Danis** [who dominated at the Pans] got promoted? Would **Nicholas Meregali** complete his purple belt grand slam goal? The list goes on and on.

They say hindsight is the only way to see things for what they truly are and now that the event is over, the jiu-jitsu world has answers to all these questions and more. Let's take a look.

Team Results: *Alliance earns tenth Team Title; Amazing eighth in a row*

Long story short, Alliance continued their domination in the team standing with their 10th overall team title – winning top honors in both the male and female divisions. Team leaders **Romero "Jacare" Cavalcanti, Fabio Gurgel** and **Alexandre "Gigi" Paiva** were all in attendance, with practically half the stands covered in a sea of black and gold shirts on the final day. The team's top grapplers scored points all weekend long, including 4 black belt titles, while their supporters continuously chanted;

"Alliance eu sou....oooo....Alliance eu sou."
(I am Alliance. Alliance I am.)

As for the rest of jiu-jitsu's super teams, **PSLPB Cicero Costha** earned a second place on the men's side while **Atos Jiu-Jitsu** came in at third in the team standings. As for the women's side, the **Gracie Humaita** team led by Leticia Ribeiro came in just 7 points behind Alliance, while **CheckMat** finished third.

2015 WORLD JIU-JITSU IBJJF CHAMPIONSHIP

Open Weight Recap: *Buchecha falls in the quarterfinals; Bernardo Faria and Dominyka Obelenyte gold on to win*

One of the biggest stories of the black belt divisions was not about who won, but rather who didn't. The most dominant BJJ player of the past few years, three-time open class winner **Marcus Buchecha** fell in the quarterfinals of the absolute against **Ricardo Evangelista**. It was a close match throughout but few doubted Buchecha would pull out the win, as he most often does. The CheckMat star was up 4-2 on the scoreboard but behind on advantages when he hurt his previously injured knee on a sweep attempt by Ricardo with about two minutes left in the match. Buchecha would try to continue admirably but it was evident the injury hampered him, and he would go on to lose the match after a last minute sweep by Evangelista. With that loss, Buchecha not only lost his chance at a fourth straight open weight title but also could not continue in his own division. One can only wonder now whether he will be able to compete at ADCC in São Paulo later this summer but right now, that situation looks precarious.

Moving on to the actual winners of the open weight division at the 2015 Worlds, it would be the Alliance twosome of **Bernardo Faria** and **Dominyka Obelenyte** who earned their place at the top of the mountain.

Bernardo Faria finished both **Roberto Alencar** (choke) and **Erberth Santos** (leglock) before also submitting **Leandro Lo** by armbar in the semifinal. From there, his run was uncontested as the aforementioned Ricardo Evangelista gave up his spot to UAEJJ teammate **Alexander Trans**, only to see Trans hurt his own knee in divisional action rendering him unable to make it to the final. Faria now adds the Worlds double gold to the same honors he won at the IBJJF Pans earlier this year.

On the female side, **Dominyka Obelenyte** won her first absolute medal by virtue of her finals win over **Monique Elias**. She won by points 6-2. Obelenyte also defeated Bia Mesquita 2-0 and **Mackenzie Dern** by one advantage on her way to the open weight gold medal. The Lithuanian-born New Yorker's double gold now puts her in exclusive company alongside **Lana Stefanac** as the only non-Brazilian black belt women's open weight champions to date.

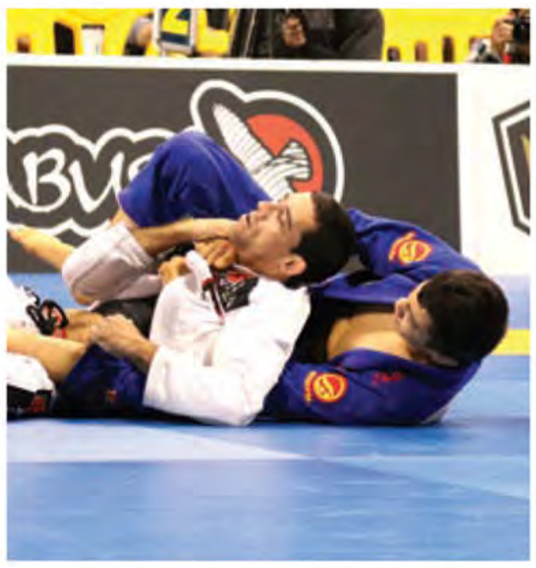
2015 WORLD JIU-JITSU IBJJF CHAMPIONSHIP

Men's Black Belt: *Rafael Mendes earns fifth title, Malfacine wins close duel with João Miyao to win his seventh world title; Xande earns his seventh title as well*

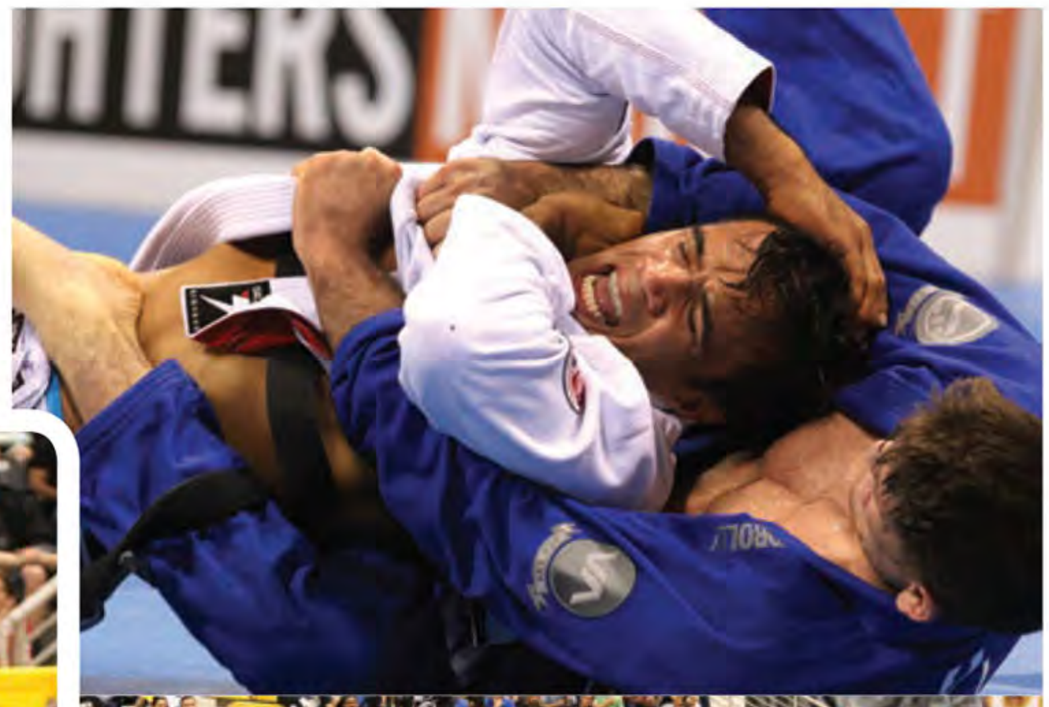
The highlight of the 2015 Worlds, aside from the absolutes no doubt came on Sunday with the black belt finals.

At rooster, hall of famer **Bruno Malfacine** earned his seventh world title after beating **João Miyao** 2-1 on advantages. It was a close, and some would say controversial match with some saying João was more active, but the advantages on the board favored the Alliance star in the end.

Next up, **Paulo Miyao** made a conclusive finish by choking out **Daniel Beleza** to win his first black belt world title.



At featherweight, **Rafael Mendes** faced nemesis **Rubens Cobrinha Charles** for the fourteenth time in their black belt careers and left as the first featherweight with five world titles under his belt after taking Cobrinha's back and sweeping to win 6-0.



The exciting lightweight division ended up in a closeout with **Michael Langhi** taking the title alongside teammate **Lucas Lepri**. Atos BJJ's **JT Torres** would end up in third place after losing a close, exciting match against Langhi by advantage in the semifinals.

Moving on to middleweight, another Atos star **Cláudio Calasans, Jr.** won his first world title at black belt by virtue of his 8-4 win versus GFT's **Vitor Oliveira**

Leandro Lo would follow next with his medium-heavyweight world title win 7-0 over **Tarsis Humphreys**. This would be his fourth world title in a separate weight division as he moved up to medium-heavy for the first time this year to take on opponents, such as Humphreys, **Guto Campos** and **Matheus Diniz**.

At heavyweight **Xande Ribeiro** earned his seventh world title at black belt with his 4-2 win over **Lucas Leite**. Xande was also able to take out **Dimitrius Souza** and **Arnaldo De Oliviera** on his way to gold.

Absolute winner **Bernardo Faria** beat **João Gabriel Rocha** 8-2 to win at superheavyweight after taking out Igor Silva and Pedro Henrique de Souza Moura along the way.

And finally, at ultra-heavy, **Gabriel Lucas** beat **Ricardo Evangelista** 3-2 on advantages to take the world title in the tournament's heaviest division.

2015 WORLD JIU-JITSU IBJJF CHAMPIONSHIP

Women's Black Belt: *Rikako Yuasa becomes second Japanese world champion, Mackenzie Dern beats Michelle Nicolini in finals thriller, Bia Mesquita wins her second world title*

Opening up the women's black belt finals, **Rikako Yuasa** beat **Gezary Matuda** by one sweep in a thriller to become only the second Japanese world champion in history, following **Shiho Yaginuma's** win at -48KG last year.

Next up, **Mackenzie Dern** and **Michelle Nicolini** competed in arguably the most exciting women's match of the tournament, and maybe even World's history. In the end, it was Dern who earned the win by choke to win her first world title as a black belt.

At lightweight, **Bia Mesquita** earned her second world title in a row, beating **Fabiana Borges** by leglock in the final.

Luiza Monteiro and **Luanna Alzuguir** had the closest match of the female finals with Monteiro winning by referee decision after a 2-2 tie to take the middleweight title.

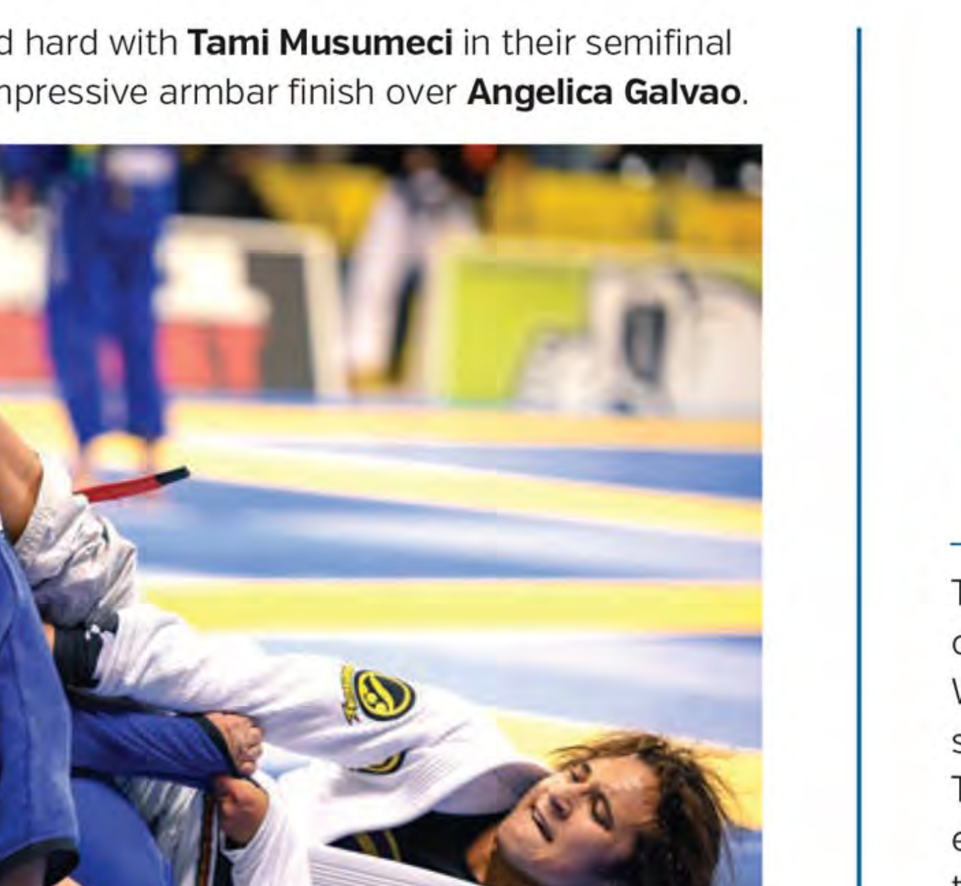
Ana Laura Cordeiro continued her impressive run, beating **Andressa Correa** 4-0 to win her third title as a black belt.

Last but certainly not least, **Fernanda Mazzelli** defeated **Alison Tremblay** 9-0 to win her 2015 world title at super-heavyweight.

Additional black belt highlights: *Tim Spriggs duels with Keenan Cornelius*

As for the rest of the action at black belt, it would be a travesty if some of the other highlight matches went without mention.

Chief among the crowd pleasers was the second round 'grudge match' pitting Atos star **Keenan Cornelius** against old Team Lloyd Irvin teammate **Tim Spriggs**. Keenan had one up on Tim at the tourney after winning early on in the open weight division, but Tim would come back with a renewed focus in the second round of their weight division. Like their first match, it would be a duel between Keenan's impressive worm guard and Tim's relentless passing pressure. These two are like yin and yang and given their related history this will always be a match to watch. In the end, it came down to the takedown points managed by Spriggs that sealed him the win. With how competitive and ever-improving they are, this certainly won't be the last time these two meet.



Other performances worthy of note include **Rafa Mendes'** wristlock win over **Mario Reis** in the semi-final and **Jackson Sousa's** last minute win by sweep over **Casio de Silva**. **Joao Gabriel** also impressed with his RNC win over **Erberth Santos,** while **Leandro Lo** put on a performance in his matchup opposite newly minted black belt **Matthew Diniz**.

On the women's side, **Mackenzie Dern** dueled hard with **Tami Musumeci** in their semifinal at feather while **Fabiana Borges** landed an impressive armbar finish over **Angelica Galvao**.

Future stars prove their worth in adult lower belt divisions

The black belt divisions are certainly the highlight at the World Championship as they showcase the stars of today. The rest of the event is just as exciting in a similar sense given that the stars of tomorrow are on display as well. If the lower belt action at 2015 Worlds is of any indication, the talent competing in jiu-jitsu will do nothing but continue to grow and grow.

BROWN BELT

Case in point, at brown belt where TLI's **Mahamed Aly Santos da Silva** rose to first in the open weight division, defeating **Gilherme Santos** of Alliance to win the absolute title. Aly also defeated **Max Gimenis** at super heavy to complete his double gold at the event. Other top competitors at men's brown belt included **Pedro Araujo** of Gracie Barra who won the heavyweight division and **Edwin Najmi** who won the lightweight division before getting presented his black belt on the podium. **Michael Musumeci** also shined at the event, winning his light feather division handedly despite some top opponents, while **Yan Lucas Cordeiro Paiva** (pictured) pulled off a big win and upset favorite **Isaac Doederlein** to win feather and spoil Isaac's shot at the brown belt grand slam. ***(1)***

On the women's side, it was Pe De Pano protégé **Amanda "Tubby" Santana** who claimed double gold with her impressive performance throughout the tournament. Santana was able to beat out **Maria Malyjasiak** of Zenith BJJ to win the absolute final, while **Rossie Snow** came in second to her at middleweight. Other top performers at women's brown belt included Checkmat's **Pati Fontes**, who won light feather and Nova União's **Sarah Black**, who won at lightweight. ***(2)***

PURPLE BELT

At purple belt, one **Nicholas Meregali** finally secured his coveted double gold medal at the Worlds. The South Brazil native out of Porto Alegre had previously won the same honor at Europeans, Pans, World Pro, and Brazilian Nationals. With this win he now completes all his goals at purple belt and will no doubt be a terror at faixa marrom now that he has received his brown belt courtesy of coach Mario Reis out of Alliance. ***(3)***

The medal podium in the purple men's open class was completed by **Rafael de Lima** of PSLPB Cicero Costha, **Rudson Teles** of Brasa and **Brysen French** of Impact Jiu Jitsu, all of whom have bright futures as well.

On the women's side at purple belt in the 2015 Worlds, **Tayane Porfirio** of Alliance RJ was able to best BTT's **Yacinta Nguyen-Huu** to win her own double gold. Like her teammate Meregali, Tayane now gets to claim her own grand slam after previously winning double gold at Worlds, Brazilian Nationals, Pan, European and WPJJC. ***(4)***

BLUE BELT

Gustavo Espindola Batista of PSLPB Cicero Costha won absolute gold at blue after besting **Jackson Pinheiro** of Gracie Elite. Batista now gets to claim the grand slam this season after winning double gold at the European, Pan, Brazilian Nationals and Worlds this year.

Gabrielle Lima of Gracie Humaita won the women's open after a close and competitive match with **Michelle Welti** of Team Lloyd Irvin. Lima impressively accomplished the big win despite finishing in second place to **Tatiana Suarez** in featherweight divisional action. ***jjm***

2015 WORLD JIU-JITSU IBJJF CHAMPIONSHIP

Best of the Rest: *Photo Highlights from the 2015 IBJJF World Jiu-Jitsu Championship*

THE ADVANTAGE OF ADVANTAGES (AND THEIR DISADVANTAGES)

Emil Fischer

WE'VE ALL BEEN THERE...THE LAST 30 SECONDS OF A FINALS MATCH BETWEEN TWO SUPER EVENLY MATCHED COMPETITORS; ONE OPENS UP TO GO FOR THE KILL THE OTHER GOES TO PASS THE GUARD... ADVANTAGE! The patient (and less aggressive) competitor wins the match, not by points or submission, but by an arbitrary "advantage." Most competitive grapplers and jiujiteiros have been on both sides of this conundrum and neither side is a pleasant place to be.

Advantage? What the heck is an advantage?

In jiu-jitsu competition, there are a variety of ways to win a match. One competitor can submit the other or score more points than the other. There are various ways to get disqualified, which is never anyone's preferred way to win (or lose), but it happens. There is also a construct put in place by various competition circuits called the "advantage."

Simply put, an "Advantage" is an "almost," as in "one competitor almost passed the other's guard, almost swept the other or almost submitted the other." For all intents and purposes, advantages are subjective and put in place to prevent overtimes. They are, fundamentally, a momentary referee's decision. I say, "momentary" because, regardless of which competitor pushes the pace, advantages wind up being more important.

At the end of the match, in the absence of points or a submission, advantages reign supreme. World championships have been won and lost on an advantage, and for this reason, their existence has often come under fire.

Why would a tournament buy into this construct?

Competition-based jiu-jitsu is almost always subject to a time limit. Even high-level sub-only invitationals have some sort of time limit because otherwise spectators would invariably lose interest. For this reason, when two evenly matched competitors go against each other, a match will often go to a draw if relying entirely on points and a submission. Enter the "Advantage," set up to define a winner, even if no points or an equal number of points have been scored.

Advantages are difficul as they can be paired with point scoring tools. For example, when a competitor hits a sweep, the other person has a designated amount of time to recover. If they can recover within that allotted period of time, an advantage is awarded to the person who attempted the sweep. The IBJJF rule book states in Article 5 Section 5.5, "The referee may only award an advantage point once there is no longer a chance of the athlete reaching a point-scoring position." That determination can be difficul to make because a lot can happen during that time, making advantages sometimes exist in a gray area between real position/situations during a match.

Somehow it always seems to happen, two of the best competitors in the world can end up with a tied score with five minutes to go or even at the buzzer.

Know the Rules

Different organizations have different rule sets. Some do not score advantages, while others give them for situations and positions that may seem counter-intuitive. For example, one organization gives advantages for the guard pull, while another may not give advantages for certain submission attempts. It depends on the organization as well as the individual referee. I did a local tournament recently that had issues with the scoring table sometimes missing advantages entirely. For this reason, it is best to try to win all matches by submission rather than leaving the match in the hands of the tournament/referee/scorekeepers.

Even if you are a submission hunter, you may come across an opponent who is difficul to submit and forces you to rely on points and advantages for victory. In some cases, such an opponent can be an inferior jiu-jitsu practitioner, but still win the match based on a minor mistake made by the better practitioner. For example: in IBJJF, if one person is playing guard the whole match and the other person is defending, there can be some issues for the guard player. When the guard player attempts a triangle, they have to break the other person's posture to gain an advantage. However, if the person defending manages to force the other person to turtle, they wind up getting an advantage. This can ultimately cost the better practitioner the match.

Sometimes just going for that sweep against an opponent content to hold a position is enough to earn the advantage.

ARE ADVANTAGES GOOD FOR COMPETITION?

Advantages accomplish what they were intended for, and that is to reduce the likelihood of overtime. However, there are many pitfalls that are inherent to them.

Advantages are a way to be objective about something subjective.

For starters, there have been instances in which the decision to award an advantage has come under contention because it appeared that the referee who awarded that advantage was biased. There are a lot of politics in jiu-jitsu and scoring decisions are a way that those politics can manifest. There are many moments in matches in which there are flurried transitions and it can be difficul to decide which competitor is more aggressive, initiating action and actually displaying an advantage over the other. In such moments, referees may decide to award a controversial advantage, and the reality is that there is very little that can be done once that decision is made.

One example of this is the definition of a submission advantage, as stated in Article 5 of the IBJJF rule book: "The athlete shall be awarded an advantage-point when he/she attempts a submission hold where the opponent is in real danger of submitting. Again, it is the referee's duty to assess how close the submission hold came to fruition." [Article 5 Section 5.3] The referee's assessment may or may not relate to reality. There are many instances in which a submission may look tight, but is in all reality not even close. Another inherent issue with advantages is that they do not take into account the constantly evolving set of techniques available to competitors. An example of this is the prevalence of the baseball bat choke. Some competitors offer their opponent a guard pass as bait so that they can take a baseball bat choke. If the competitor who is trying to pass realizes mid pass what is happening, they may decide to play it safe and backtrack. In that situation, who should get an advantage? The person who almost passed or the one who almost secured a submission? This is just one example of how an innovation can lead to gray areas.

One example of this is the treatment of the body triangle by the IBJJF rule book that labels both a body triangle and a back mount in which both of the opponent's arms are trapped as mere advantages. Both of these positions could be part of an extremely dominant technique, but neither results in points.

For this reason, advantages can be a double-edged sword that allows competitions to run smoother, while at the same time potentially punishing innovation.

As a competitor, what's the best way to handle Advantages?

While submissions are the best way to end a match, always be conscious of advantages as they can win or lose you the match. When preparing for a tournament, do your best to know what the rule set is. During training, keep count of your advantages and your training partners' advantages during your rolls. Try to rack up as many as you can, knowing that it is likely that they will not all be given to you in a match. It is not always the better jiujiteiro who wins the match, but the better player of the game.

On the other side of things, if one competitor scores 50 advantages and the other scores one point, the one point wins the match. If one competitor scores 50 points, and the other achieves a submission, the submission wins the match. There is an inherent hierarchy of ways to win, and submission is the trump card in the world of jiu-jitsu, competition or otherwise. Train to finish, but also train to understand the rules of competition.

All the advantages in the world don't add up to points. So finish your techniques!

PLAY TO WIN!

If you're going to compete, play the game and play to win. Given that we train day in and day out to value the submission, a victory acquired by points or advantages will be less satisfying than a submission. However, the structure of points and advantages do in fact to some degree emphasize the application of effective jiu-jitsu.

Advantages aren't going to go away. Competitive jiu-jitsu will continue to have rules in place to prevent matches from going into overtime, and a victory by an advantage is still a victory. At the end of the day, in most matches, one competitor has their hand raised, the other does not, and that determination can be made by an advantage. *jjm*

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LEVEL UP: THE RPG TRAINING MODEL

Marshal D. Carper

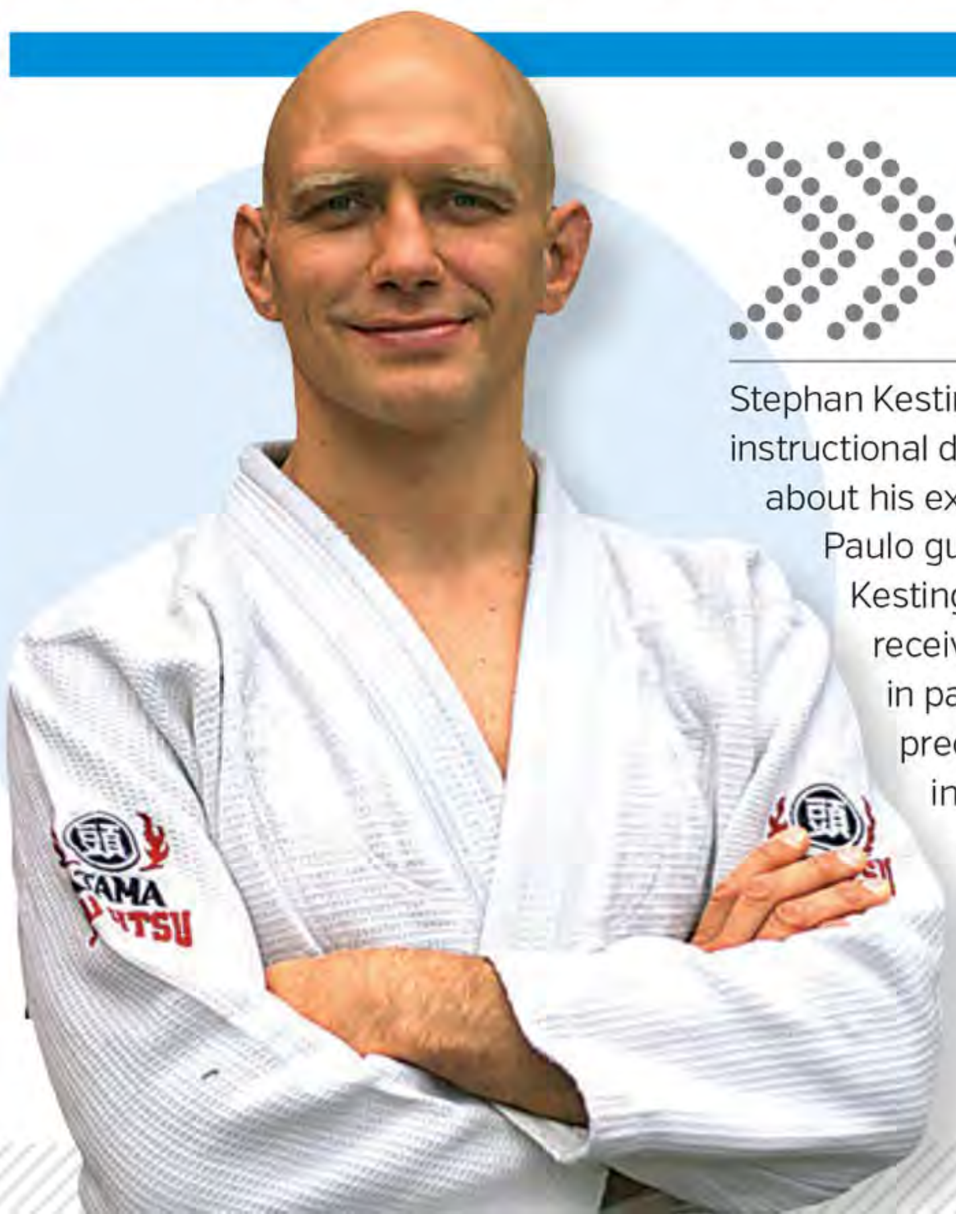
I GREW UP PLAYING GAMES. Final Fantasy. Chrono Trigger. Secret of Mana. Dungeons & Dragons. Pokemon. Ultima Online. I spent so much of my formative years immersed in these worlds that they have imprinted themselves into the way that I perceive reality, and that ripple has touched the way that I think about jiu-jitsu as well.

In role-playing games, you have your character, and how that character grows and evolves oftentimes depends on your play-style preferences. If you like to charge into combat with reckless abandon, you may want to build a barbarian. This would mean building up your strength stat and investing skill points into hand-to-hand combat, perhaps two-handed weapons so that you can wield an enormous axe. A rogue, on the other hand, will spend more points on agility and likely build up stealth-related skills like sneaking and archery.

Jiu-jitsu training is not so different. We are the character, and the skills we invest in largely depend on our grappling styles and preferences. Someone who plays a De la Riva-based game will likely find him or herself preferring leg drags because many of the new De la Riva sweeps that are in vogue lend themselves to finishing in a leg drag position. If you prefer to play butterfly guard, however, you might end up focusing more on cross knee passes as the finish to a butterfly sweep often warrants a cross knee pass to achieve a dominant position.

In this way, you can sketch out your game and evaluate how the pieces of your jiu-jitsu connect and support each other. Just as you would if you were looking at a D&D character sheet or looking at the make-up of your party in a classic turn-based RPG.

Thinking about jiu-jitsu through this lens has implications beyond game-planning, however.



WHITE BELTS VERSUS BROWN BELTS

Stephan Kesting, a longtime blogger and instructional designer, once wrote a post about his experience learning the Sao Paulo guard pass. Back in 2009, when Kesting wrote his piece, this pass received a brief flurry of attention in part because it looked incredibly precarious–you essentially sit into your opponent's overhook control to set-up the pressure and stability that lets you open the legs and complete the pass.

Kesting, then a black belt and already a seasoned grappler, admitted that a brown belt tapped him out twice while he worked on the pass. He also admitted that a blue belt tapped him out as well a few weeks earlier and was happy about this. He was learning, and he was making progress with his technique.

Intuitively, we understand what is at play here, but the vocabulary of gaming can help us articulate it. Kesting, despite being a black belt overall, was a white belt in Sao Paul guard passing. When he put his white belt

technique against a brown belt in guard retention, he was not surprised that his technique failed. He understood that he needed to level-up in this new skill before he could expect it to perform against higher level opponents.

In other words, of course a level 10 attack lost to a level 50 defense. Just as we are surprised when a brown belt loses to a white belt, we should not be surprised when a white belt technique loses to a brown belt technique.

SAO PAULO PASS

YOUR PERSONAL CHARACTER SHEET

When you think of individual techniques as having their own ranks, you can begin to see the landscape of your jiu-jitsu, which allows you to structure your training and to put individual training sessions into perspective.

For example, at the academy where I train, we recently spent a great deal of time working on spider guard in our advanced classes. Academically, I understand how spider guard works and what some of the options are from the position, but I never use spider guard in my own game. I was in for a rough night when it came time to isolate spider guard during our guard passing drills. One blue belt in particular who is young and athletic, absolutely destroyed my spider guard. Over and over again he broke my grips and shucked or smashed my legs to get to side control. I may have outranked him overall and may have had six or seven more years of experience, but he was a blue belt in guard passing, and I was a piddly white belt in spider guard.

THE RESULT: I didn't feel bad about losing. I understood where I invested my time and training in terms of my own character sheet, and I could admit that his passing bested my spider guard without feeling bad about it. Because I rank my own techniques, I knew going into the class that it was going to be challenging for me. I knew that I was going to lose, and I knew that I was going to be better for it.

SPIDER GUARD

Thinking like a gamer helps me see where my strengths and weaknesses are. If I am ever unsure of what to work on, I sort through my low-ranked techniques and look to improve on those. I should note that I don't blindly pick something I am bad at, but rather I try to work on a technique or transition that might benefit the whole of my game. If we return to our spider guard example, I have to admit that I will toy with the position from time to time so that I am able to teach it to new students. I doubt it will ever be a part of my core game because, as of now, my entire guard is built around getting my back off of the mat so I can return to a seated guard or stand up.

ROLLING A NEW CHARACTER

For some time, mind maps were all the rage. People would spend hours plotting out the connections of every technique in their arsenal. That process can be useful, but for many people it takes far too much time to be practical. Try this exercise instead.

1. Rank your general ability in the following positions:

Standing	1	2	3	4	5	6	7	8	9	10
Guard	1	2	3	4	5	6	7	8	9	10
Half Guard	1	2	3	4	5	6	7	8	9	10
Defending Side Control	1	2	3	4	5	6	7	8	9	10
Defending Mount	1	2	3	4	5	6	7	8	9	10
Defending Back Mount	1	2	3	4	5	6	7	8	9	10
Passing Guard	1	2	3	4	5	6	7	8	9	10
Passing Half Guard	1	2	3	4	5	6	7	8	9	10
Attacking Side Control	1	2	3	4	5	6	7	8	9	10
Attacking Mount	1	2	3	4	5	6	7	8	9	10
Attacking Back Mount	1	2	3	4	5	6	7	8	9	10

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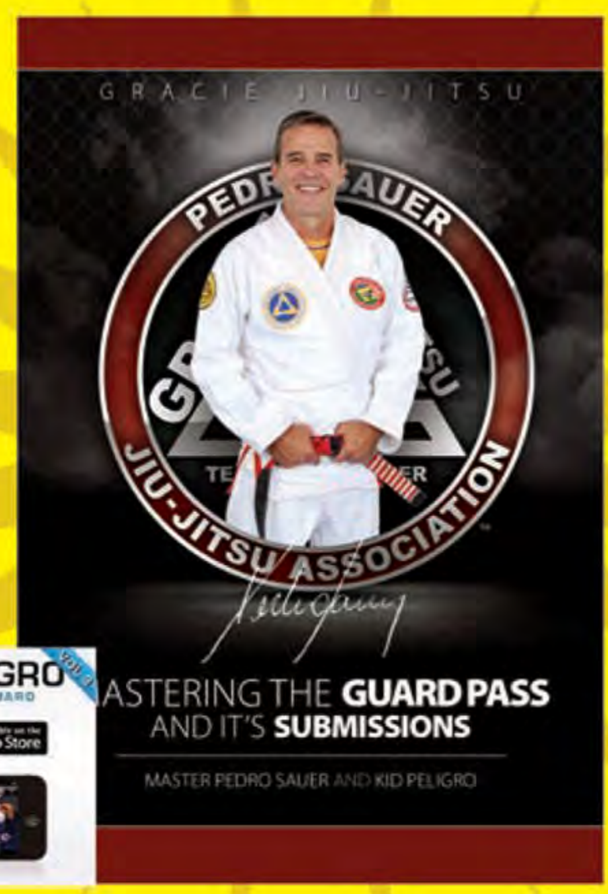
MASTERING THE GUARD PASS AND ITS SUBMISSIONS
by Master Pedro Sauer and Kid Peligro



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2. Note some detail about your strongest positions, thinking in specifics about what you prefer to use in those positions that makes them powerful for you.

3. Take your weakest positions and look for ways to connect them to the movements that are strong for you.

EXAMPLE ONE: If you have a purple belt takedown game and a white belt half guard, perhaps you should invest time in learning how to get to your knees from half guard instead of working on recovering guard. With this approach, you can improve on a weakness while maximizing a strength at the same time.

EXAMPLE TWO: If you have a purple belt guard passing game but a blue belt side control, you might be missing opportunities to establish more dominant control positions as you complete your pass. You are passing, sure, but confidence in your strength could mask the source of the challenge you face in correcting your weakness.

4. Come back to your character sheet every few months and update the rank of your positions. You might not be advancing to a new belt in the formal sense, but this process can help you to identify more learning opportunities and give you a more meaningful gauge of your progress over time. *jjm*

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GRASSROOTS GRAPPLING

ON ANY WEEKEND IN ANY CITY THERE'S PROBABLY SOME FORM OF JIU-JITSU BEING CONTESTED. With so much going on we thought we'd dedicate this section of the magazine to give you a look at some of the great grassroots grappling going on across the country and around the world. Event coordinators, if you have photos and information about your recent tournament, be sure to let us know, better yet, let us know about it as far in advance as possible and we might be able to list your upcoming event here. Email us at **feedback@jiujitsumag.com**

Taking Sub-Only To Another Level!

The BJJ Classic is bringing jiu-jitsu tournaments back to its roots, as there is no points or time limit, and you must submit your opponent. Plus there are limited weight classes of lightweight (-149.9 lbs female, -180.9 lbs male), heavyweight (+149.9 lbs female, +180.9 lbs male), and absolute. Combine all these factors with each competitor competing multiple matches under this limited rule set throughout the day and it's easy to see that these tournaments aren't for the weak of heart, mind, or body. The event is running an eleven event tournament series, with it's winners at each belt level qualifying for the 12th and final event, the BJJ Classic Pro in December.

On May 24, the first Pro Trial Qualifier took place in Fort Worth, TX. Two competitors that stood out were Justin Kluge, a blue belt from Robson Moura Nova Uniao and Copper Cardinale, a purple belt from Alvarez BJJ. Both conquered their weight class divisions, as well as the absolute divisions.

Some of the action that took place included the women's blue belt, lightweight semi-finals. Miriam Villar of Alvarez BJJ faced off with Rosa Espindola of Holan's MMA, in a 12-minute match. After back and forth battling, with both narrowly escaping danger, Miriam was able to submit Rosa with a Kimura and move to the finals. The win set up a

SUPERSTARS IN THE SUNSHINE STATE

The NUC (Newbreed's Ultimate Challenge) tournament series continues to make the rounds from state to state. NUC consistently draws a variety of high-level grapplers that are vying for a spot in the TUG (The Ultimate Grappler) finale come this November. This 2015 edition of TUG features a $2,500 grand prize, lifetime free tournament registration, and a sponsorship package with Newbreed Gear. On May 30th, the organization visited Sarasota, Florida for the second annual Gulf Coast Classic, and the field didn't disappoint! MMA fighter, former Bellator Champion, and current UFC Fighter, Hector Lombard showed up and dominated, to claim his spot for the TUG finale.

On the team side of things, Wolfpack BJJ took the titles in both the adult and youth/teen divisions. They were able to hold off valiant efforts by kids teams of Vieira BJJ and Bostock's MMA, as well as Robson Moura Nova Uniao and American Top Team (Longwood). The NUC returns to Florida on August 22nd for the Florida State Open in Tampa, Florida, as well as, holding qualifiers throughout the nation at all NUC tournaments. Don't miss your chance to showcase your skills and earn your spot in the TUG Finale.

www.newbreeduc.com

finals match between Miriam and Chace of North Dallas MMA. Though she fought valiantly and tried to continue Chace, unfortunately, was unable to do so, as she injured her knee during the match, thus giving Miriam the win.

In the men's brown belt, lightweight division, Hodge Stokes of Evolve BJJ faced off with Michael Foster of Pesadelo BJJ, in one of the semi-finals brackets. On the opposing side, Rob Crosley of Alvarez BJJ, took on Blake Dvorak of Top Game Jiu-Jitsu. Michael was able to submit Hodge, and Rob defeated Blake to set up the final match. Immediately, Michael chased the flying armbar, but it was defended well by Rob. Michael later found himself in deep half guard with Rob looking to sweep; however, it was countered, and Michael ended the match with an armbar.

To the right is the list of other BJJ Classic Pro winners and qualifiers. Interested in getting in on the action? Then be sure to check out **www.bjjclassic.com** for other upcoming scheduled events. *jjm*

RESULTS

BROWN BELTS

Male / Lightweight: Michael Foster (Pesadelo BJJ)

Male / Heavyweight: Robert Melton (Roberto Kaelin BJJ)

PURPLE BELTS

Male / Heavyweight and Absolute: Cooper Cardinale (Alvarez BJJ)

BLUE BELTS

Female / Lightweight: Miriam Villar (Alvarez BJJ)

Female / Absolute: Julia Avila (Oklahoma Martial Arts Academy)

Male / Lightweight: Richard Rodriguez (KAMA BJJ)

Male / Heavyweight & Absolute: Justin Kluge (RMNU)

WHITE BELTS

Female / Lightweight and Absolute: Sabrina Talton (Defiant Martial Arts)

Female / Heavyweight (Over 149.9 lbs): Melissa Folkerts (Star Jiu-Jitsu)

Male / Lightweight: Corey Mcnutt (Team Rivas)

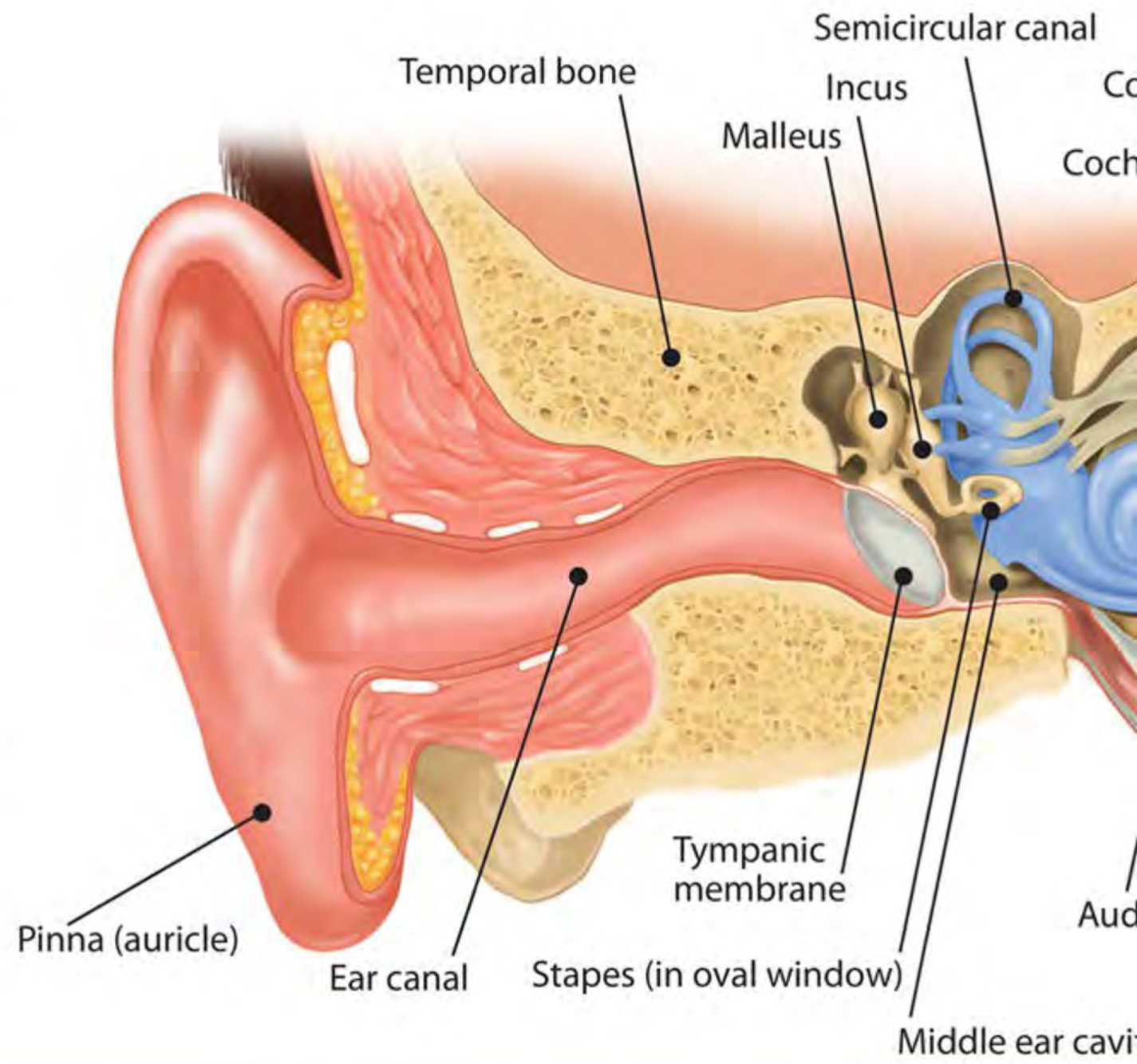
Male / Heavyweight: Brandon Topping (Evolve BJJ)

Male / Absolute: Oscar Rojas (Holans MMA)

ASK THE DOCTOR

Lee Day, MD
Physician and BJJ Practitioner

Please note that this is provided as general education and is not intended to treat or cure any condition. Anyone reading should speak directly to their personal health care provider about their specific medical needs.

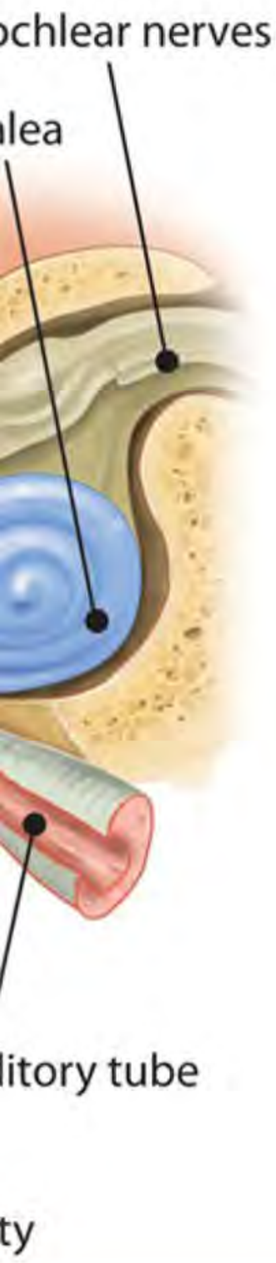


Q: *I'm a 42-year-old male, and I'm a little overweight, but not bad. Recently, I went to the doctor, and he measured my blood pressure - it was 135/85. I guess both of those readings are prehypertensive. I forgot to ask him, but should I do anything different when I roll? I train about three times a week, an hour and a half to two each time. Am I in danger by rolling?*

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

A: There have been a lot of changes recently with defining and managing hypertension, and there is a shift way from labeling someone as prehypertensive – you either have hypertension or you don't. Although there is a shift way from labeling, the prehypertensive period can be thought of as a warning that you could be at risk of developing hypertension. Hypertension is considered when blood pressure (BP) is ≥140/90 mmHg. The prehypertensive period is when BP is between 120-139/80-89 mmHg. It is generally recommended that people with prehypertension – without certain other medical problems – pursue lifestyle modifications to reduce BP, and it is impressive how much BP reduction is possible.

The 7th report of the Joint National Committee shared a list of lifestyle modifications shown to reduce blood pressure. They were; weight reduction if overweight, adopting a DASH (Dietary Approaches to Stop Hypertension) diet, decreasing dietary sodium, moderation of alcohol consumption, and physical activity. Alone, each modification can decrease BP, but I like to think of these as what a normal healthy lifestyle should look like, rather than a temporary modification. Weight reduction, with the goal of attaining a normal range BMI, has been shown to have the strongest potential to reduce BP. For every pound of weight you lose, you can potentially lose 1 mmHg in BP. Altering your diet to a DASH style diet fits nicely with the goal of weight loss. The DASH diet isn't fancy; it is rich in whole grains, fruits, vegetables, low-fat dairy, fish, poultry, and nuts. It avoids sweetened beverages, red meats, and other sweets. It's essentially heavy on the things that are good for us, and skimps on the things that aren't. Moderate-intensity physical activity for at least 30 minutes per day for most days of the week can add further BP reduction, so don't skip the mats! If you can't make it to the gym most days of the week, shoot for a total of 150 minutes per week of activity.



Q: I just got back from urgent care with a prescription for amoxicillin after I woke up with a terrible earache. Today is Monday, and I have a tournament on Saturday - is this going to screw me up?

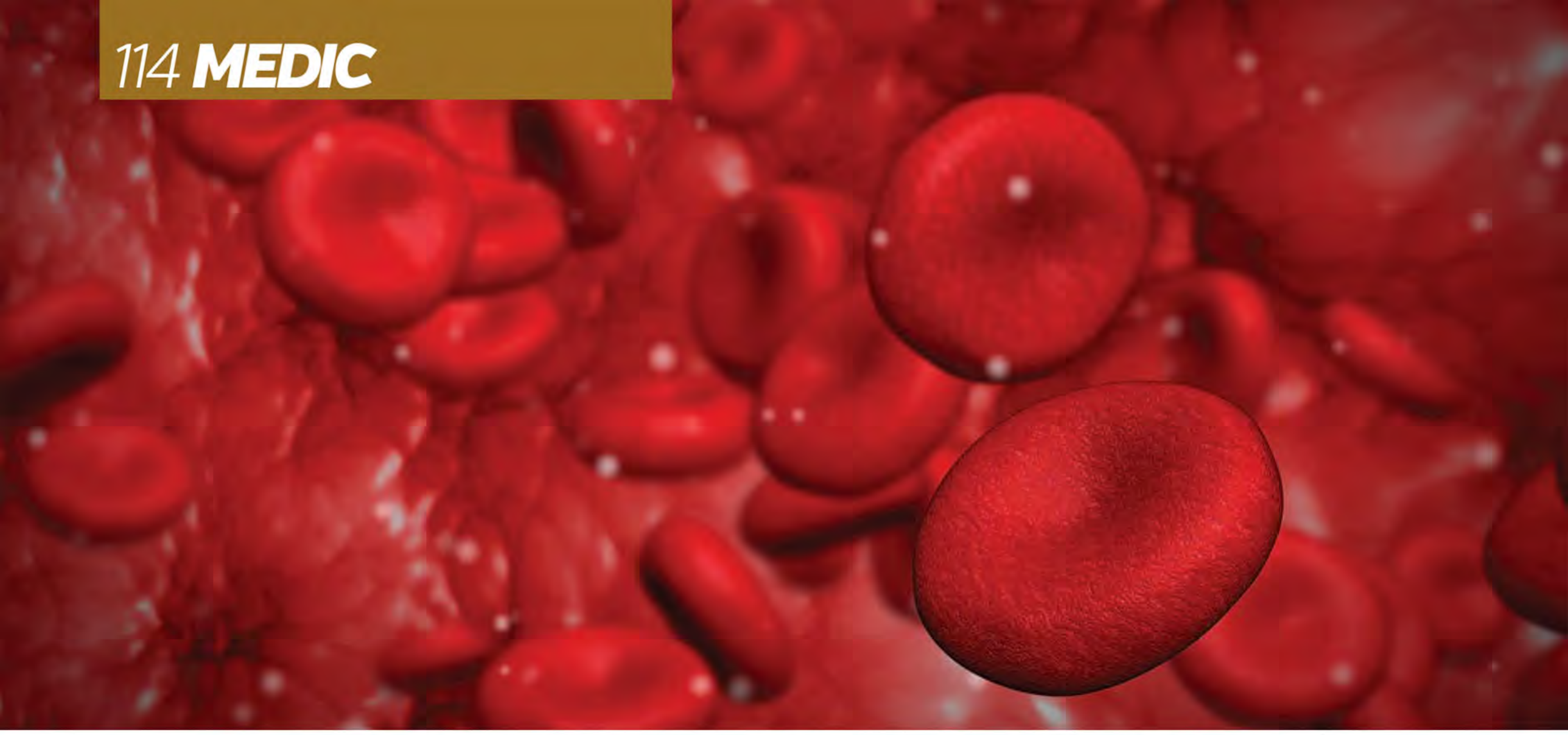
A: If you are a parent, it's likely you have taken your child to the pediatrician for treatment of an ear infection. Ear infections are often located in the middle ear. This is called acute otitis media, and it is much less common in adults. The middle ear consists of the eardrum and the three small bones that connect the eardrum to the inner ear (the ossicles). Fluid is drained from the middle ear into the upper throat through the Eustachian tube. Cold viruses, sinus infections, and allergies may cause occlusion of the tube. The Eustachian tubes of children are more susceptible to poor drainage due to being shorter, narrower, and more horizontal. Without proper fluid drainage, bacteria, and/or viruses can grow in the fluid leading to ear pain from increased pressure.

The most common bacterial cause of acute otitis media is Streptococcus pneumoniae. Amoxicillin is the first-line antibiotic if a bacterial source is suspected. Prevention of ear infections involves good hand hygiene to prevent colds, control of allergy symptoms, and avoidance of second-hand smoke. Since otitis media is localized to the ear, not systemic, and not contagious, the infection itself shouldn't be a hindrance. Once antibiotics are started, the pain usually goes away within a couple of days. It's important to finish the course of amoxicillin, but if something is going to screw you up, that would be it. Amoxicillin is generally a well-tolerated antibiotic, but the most common side effects I see are nausea, diarrhea, and rash. If dehydration occurs due to diarrhea, it would be difficul to compete at 100%.

Q: My daughter just started training jiu-jitsu. She's 10. I see her getting her arms twisted all over the place, and her instructor will sometimes stop the other kids from going all the way, but it looks like it should hurt. I've asked my daughter if it hurts, and she said, "No." Should I be concerned that she's doing damage to her joints even if she's not in pain?

A: Better flexibility would solve a lot of problems with my jiu-jitsu game, but I'm not genetically gifted in that way – the years spent hunched over a desk studying haven't helped either! Joints that have greater than average range-of-motion are known as hypermobile, and children with hypermobile joints are often called "double-jointed." It's estimated that 1 in 5 people have one or more hypermobile joints. Hypermobility is more common in children and adolescents than adults, and there is also a higher prevalence in females. Unfortunately, flexibility often decreases as an individual ages.

Pain, joints that dislocate easily, or a family history of connective tissue disorders in the setting of hypermobility can signify a problem, and this should be checked out by your primary care provider. Clinicians who are assessing flexibility often ask patients to perform a series of range-of-motion tests to determine hypermobility. These often include: touching palms to the floor with knees straight, extending knees beyond straight, extending elbows beyond straight, bending 5th digits perpendicular to arms, and touching thumbs to forearms. In the absence of pain or problems, hypermobility can be advantageous, especially for athletes. For the rest of us, routine stretching and physical activity will help to undo the damage of our day jobs.



PRP THERAPY

Matt Corley

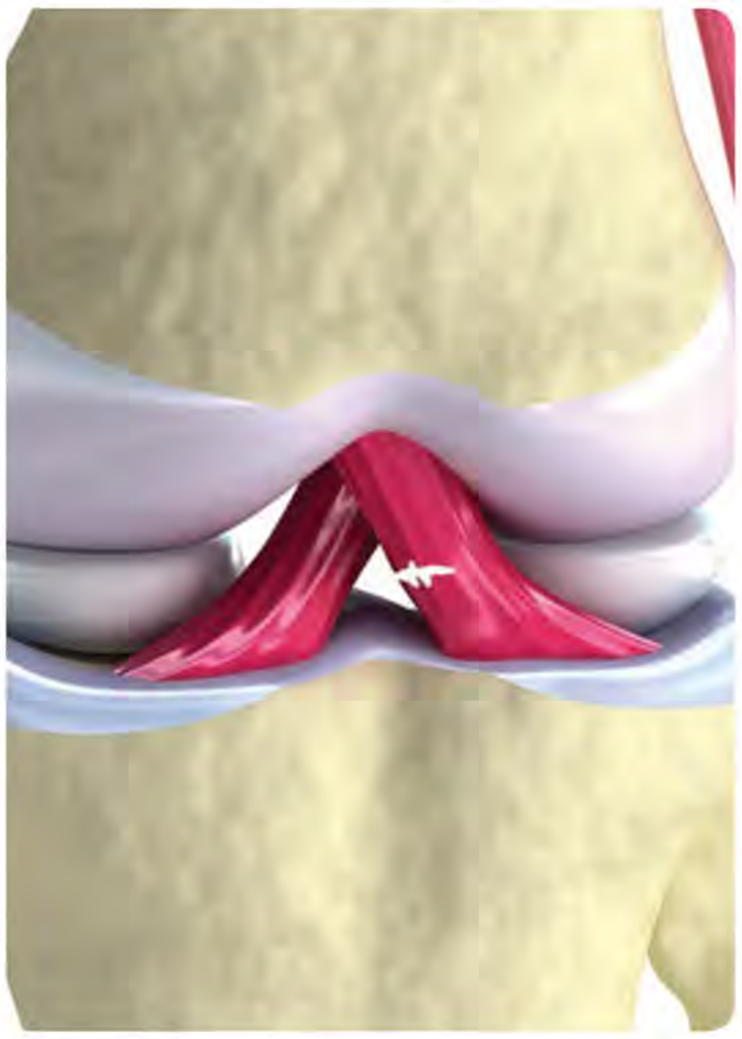
IF YOU'VE BEEN TRAINING FOR ANY LENGTH OF TIME THERE'S A VERY GOOD CHANCE THAT YOU'VE HAD TO TAKE TIME OFF BECAUSE OF AN INJURY. For competitors, this is going to happen. It's not a matter of "if," but "when." Shoulder, neck, knee, and other ligament injuries are the most prevalent and unfortunately, require a significant investment in time to heal. Due to the lack of adequate blood supply, it's not uncommon for an athlete to spend months off the mat as he rehabilitates the damage. Platelet rich plasma is a novel option that seems to have been developed specifically for injuries of this type. In this article we'll look at what it is, what it does, and who it may be for, while giving you the tools needed to determine if it may be right for you.

What is Platelet Rich Plasma (PRP) Therapy?

Platelet rich plasma (PRP) is created by removing blood from a patient. The amount of blood that is removed will vary based on the final site of injection and is generally between 1 and 2 ounces. The patient's whole blood is processed by a centrifuge, which separates the blood into components: platelet-poor plasma, platelet-rich plasma, and red blood cells. A second spin separates the red blood cells and platelet-rich plasma. The process removes 85-90% of the original volume. In most cases, an activating agent is added as the final step. The finished product is your own plasma, with a concentration of up to eight times as many platelets as native plasma. After harvesting, the PRP is injected back into the site of injury. The entire procedure, from harvesting to processing to injection, can be done in an outpatient facility in less than an hour.

WHAT DOES PRP DO?

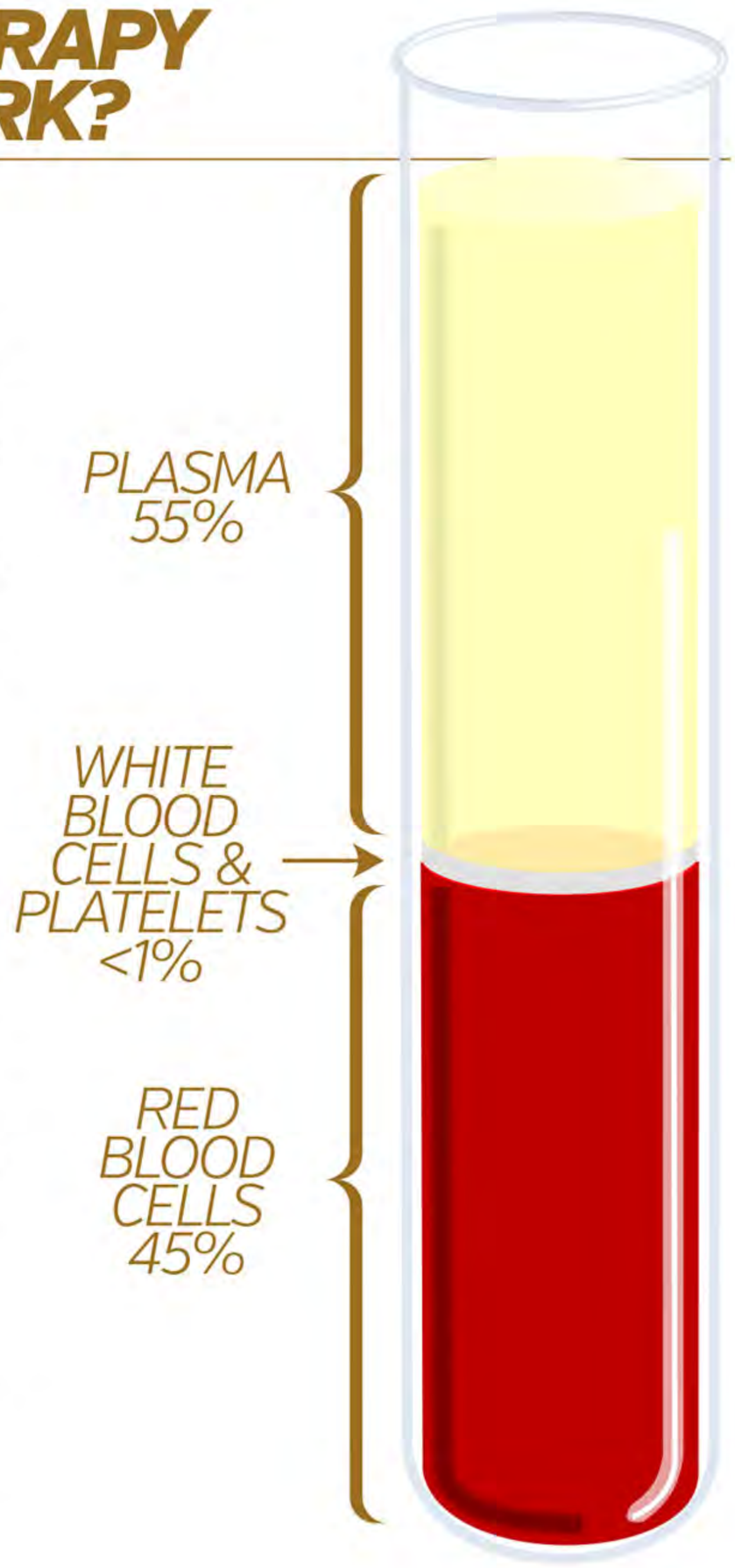
The basic premise behind PRP treatment is that an injection of your own platelet-enriched plasma can supply growth factors to the injury and speed up healing. The majority of athletes, who undergo treatment with PRP and have positive responses, have tendon injuries. MCL and ACL tears are especially prevalent. Tendons have poor blood supplies, which lead to longer recovery periods. PRP injections are a method of introducing platelets to these sites and enhancing the healing process. Platelets promote tissue repair, new blood vessel formation, inflammation control, and provide natural growth factors. The processing of your blood activates these growth factors in the PRP just prior to injection back into your body.



DOES PRP THERAPY ACTUALLY WORK?

There is conflicting data in both animal and human studies. While there are many studies that suggest improved healing times, there are significant concerns with study design, standardization of preparations, and a lack of a consistent treatment protocol that make it difficul to determine efficacy. On the plus side, other than the chance of infection associated with any kind of injection or blood draw, the side effects and tolerability to the patient are generally good.

The basic premise of PRP is that introducing platelets and the associated growth factors to an area (that does not normally get an adequate supply of them) improves healing. That premise appears to hold true based on anecdotal evidence that has been provided by athletes. A cross-section of treatments to athletes shows that, when used to treat tendon/ligament injuries, there tends to be a better response than when used for soft tissue (aka muscular) injuries. The injuries most commonly treated with PRP include tennis elbow, Achilles tendonitis, inflammation of the patellar tendon of the knee, and ligament tears of the knee.



Matt Baker Shares His Experience with PRP

"My C5, C6, and C7 (cervical vertebrae near the base of the neck) have degenerated causing numbness and atrophy in my right arm and fingers. After over a year of chiropractic care and traction I tried PRP as an option to avoid surgery. It took about 45 minutes to prepare the blood and another hour for the injections. I was fully awake and lidocaine was used before the injections. They used an ultrasound to direct the needle to limit any risk since it was in my neck.

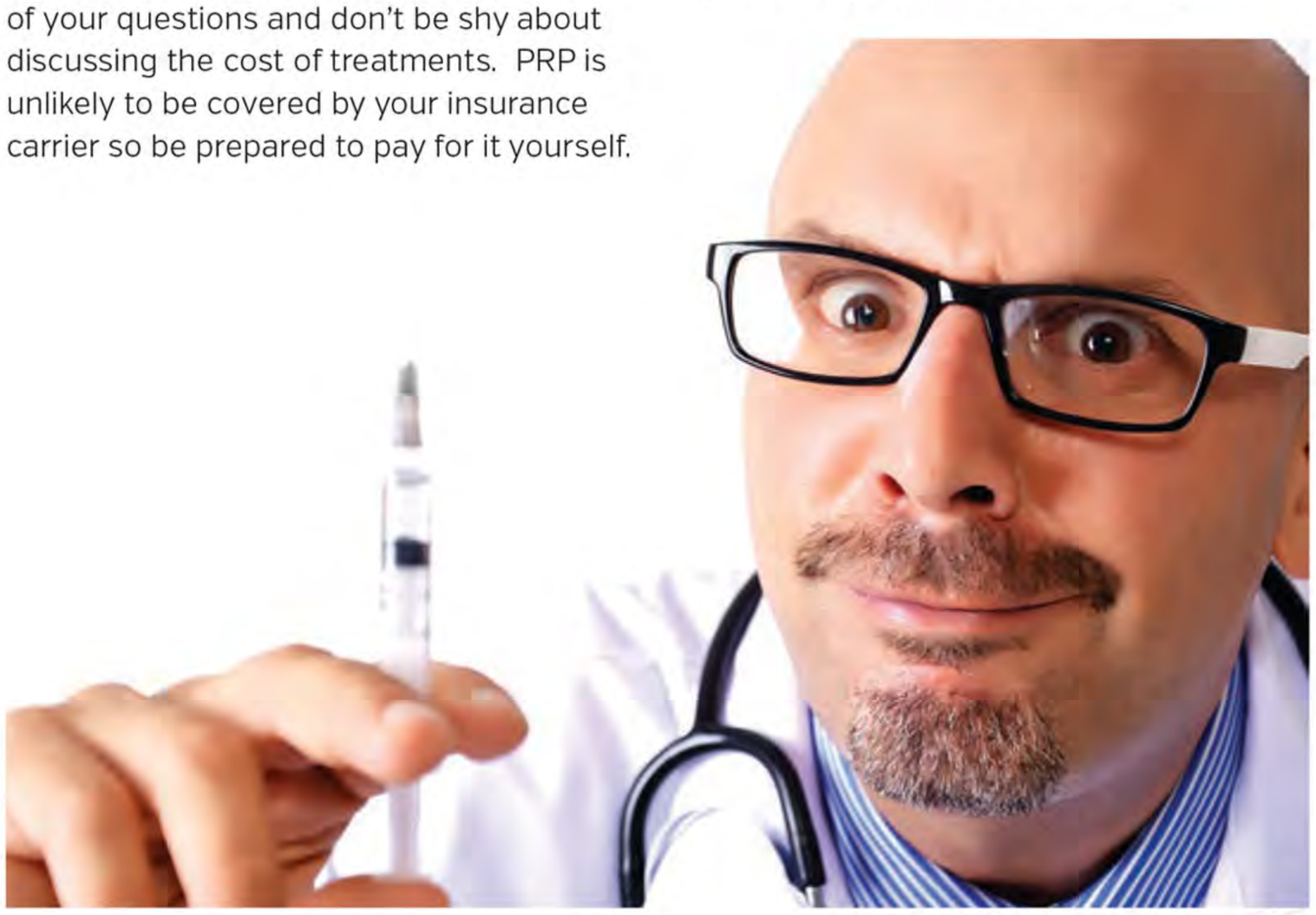
Recovery time was two days with no physical activity, and four weeks with very light duty. The better you rest, the better the results. My recovery time was a couple days of no activity and a few weeks of very light duty. It's important to not take any Ibuprofen or anti-inflammatory meds because they work against the PRP process. I had a student take Ibuprofen after injections in his elbows and it botched his healing. It discourages your cells from working.

From my experience, my degenerative disc issues benefited; however, not as much because they actually just inject PRP into facet joints and in an actual disc. The facet joints between discs are less inflamed allowing nerves more space. As always, it's important to understand limitations and what type of injuries will benefit most. They did a test run on my neck with Cortizone before PRP to predict results. I still go through traction therapy to manage symptoms, but I believe my pain and condition would be much worse if hadn't received treatment.

WHO ADMINISTERS PRP TREATMENTS?

Clinics that specialize in Sports Medicine or Orthopedics are your best bet if you're looking for PRP treatment. When choosing a facility for treatment, remember that they're processing your blood and that it is being injected back into you. The facility should be clean, staff should answer all of your questions and don't be shy about discussing the cost of treatments. PRP is unlikely to be covered by your insurance carrier so be prepared to pay for it yourself.

Prices vary widely across the country with $500-1,000 being the most common charge per injection. Whenever possible, I recommend using healthcare providers who have experience with athletes. They're better able to understand your needs and get you back to training.



Should You Do It?

With just a few minutes at a computer you could easily find dozens of professional athletes professing their support for PRP. A little more research shows that the data is mostly promising, but far from definitive. Study design, quality control, and treatment protocols have varied widely and make coming to a consensus difficult. What we can do is look at the studies available, examine anecdotal evidence, and use a little common sense to come up with some suggestions as to whom this may help.

If all of the following apply to you, then PRP is something you may want to look into and discuss further with your doctor:

Your injury is chronic (at least six months)

Your injury involves tendons, ligaments, and/or areas with low blood profusion

You have tried unsuccessfully to rehab the injury through physical therapy and/or mobility work

You've discussed the injury with your physician and tried whatever therapy(s) he has recommended

You can afford the treatment(s)

You have no medical conditions that put you at unnecessary risk due to the treatment and harvesting process

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IT'S IN THE BAG

IMPROVE YOUR CONDITIONING WITH THE BULGARIAN BAG

Will Safford C.S.C.S

THE BULGARIAN BAG WAS DESIGNED SPECIFICALLY WITH ONE SPORT IN MIND, GRAPPLING. In 2005, the bag's creator, Ivan Ivanov, was looking to create a fitness tool that could be used on the wrestling mat while offering an intense, functional workout without damaging the mat's surface. The crescent-shaped, sand-filled bag was the result, and since then, the Bulgarian Bag has been used by Olympic-level wrestlers, ADCC champions, and fitness enthusiasts alike. The construction and shape of the bag are what make it unique, as it offers users a very effective workout like no other exercise tool can. With respect to jiu-jitsu, the Bulgarian Bag has tremendous carry-over to the mat, by improving grip strength and endurance, developing the shoulders, legs, and core, and seriously challenging the cardio respiratory system. Let's take a look at some of the key components of the Bulgarian Bag.

GET A GRIP

The first thing new users will notice is how dramatically the Bulgarian Bag affects the grip. For the first few sessions, even seasoned grapplers will have trouble maintaining a tight squeeze on the bag's leather handles. This is one of the bag's strongest features. Although you won't get the same type of finger workout you would gripping a gi, the Bulgarian Bag does wonders to develop the musculature of the hands and forearms. Typically, exercises are linked together in a circuit when using the bag, so strength endurance, or the ability to maintain strength over time, is developed, which is a must-need for jiu-jitsu. The bag was originally constructed for Olympic wrestlers, so the idea was to simulate gripping a wrist or an ankle. No-gi grapplers will immediately notice the benefit. However, a strong enduring grip is of value to any athlete on the mat.

Is that Brown Belt stud Brian Morizi? Yup.

CORE EFFECTS

The day after your first session with the Bulgarian Bag, you'll most likely notice that you're sore in places like you've never been before, one of which being your core. There are certain exercises that can only be done with the Bulgarian Bag, and these new movements force a new response from the body. The spin, an extremely dynamic full-body exercise, is a staple movement in Bulgarian Bag training. It is the equivalent of the swing in kettlebell training and requires you to spin the bag around your head and body for repetitions. This motion involves counteracting dynamic forces and requires you to stabilize through the core, throughout the entire set. If core stability is compromised during the spin, the force of the bag will pull you out of alignment and often the result will be some unwanted contact with the bag. This translates quite well to jiu-jitsu, as grapplers are constantly resisting and imposing forces on the mat.

FUNDAMENTALLY FUNCTIONAL

The Bulgarian Bag can also be used to perform a variety of classic exercises, like the pushup, press, lunge, squat, row, etc., which is what makes it such an excellent tool for grapplers. Due to the relatively low weight of the bag (18lbs for small athletes, 26lbs for medium, and 37lb for large athletes) strength will never be the bag's main focus. Functional athleticism and full body strength-endurance, however, are the bag's key qualities and can be developed through an endless mix of classic and sport specific movements. Grapplers can choose more standard protocols, like 3 sets of 10 repetitions, or elect for more jiu-jitsu focused sets of 30 seconds of work and 10 seconds of rest, for 5 to 10 minutes. Either way, the bag affords you the flexibility to get creative in your workouts without requiring multiple exercise tools or traveling to a gym.

YOU'LL WANT TO QUIT

The bag's final, and maybe most beneficial asset, with respect to grappling, is its ability to challenge the cardio respiratory system, and thus, one's mental toughness. Any exercise performed long enough or fast enough can challenge the heart and lungs. However, the exercises specific to the bag have a unique way of simulating that feeling you get in your last round of sparring against that upper belt who doesn't quit. It's a combination of burning muscles, lack of oxygen, a grip ready to quit, and down right fatigue that we all know too well. Somehow, though, we pull through, forcing those last ditch efforts, knowing that the buzzer will soon sound, and we can submit to exhaustion. The bag makes men out of boys and women out of girls. Often, the idea of quitting comes to mind working with the Bulgarian Bag. Sometimes the body does quit before the mind, as often is the case when the grip fails, sending the bag flying off on its desired trajectory. However, with continued use, all of these components with the bag will improve, as will your efforts on the mat.

THE BASICS

The standard Bulgarian Bag protocol involves four movements; the spin, the snatch, the arm throw, and the pushup. These exercises are combined in a circuit of ten repetitions each for four rounds. Beginners can elect for three sets, while advanced users five; however, the standard protocol is a great way to become familiar with the Bulgarian Bag and reap some of the benefits it was designed for.

4 Rounds of:

▸ SPIN (10 each direction)

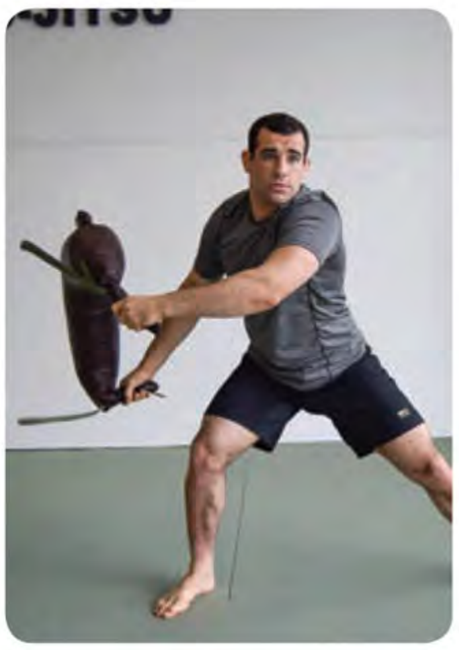
Use the power of your hips to propel the bag around your head, bending your arms at the top to keep the trajectory of the bag close to your body. Straighten your arms fully at the bottom to allow the bag to gain full momentum for the next spin. Stability of the core is a must for this move, as well as speed. Don't try to force the bag around only with your arms, but allow the bag to fly, while you counteract the force of the bag with your core and hips.

▸ SNATCH (10 reps)

Stand with a wide enough stance so the bag can fit through your legs. Think of hinging at the hips as you would with a kettlebell swing, lightly tapping the bag to the ground before you explode it up overhead. You should feel a good stretch in your hamstring at the bottom of the Snatch. When the bag reaches your eyes on the upswing, aggressively push up with your arms as if you were pressing the bag overhead. This will tame the arc of the bag and prevent it from hitting you in the back of the head.

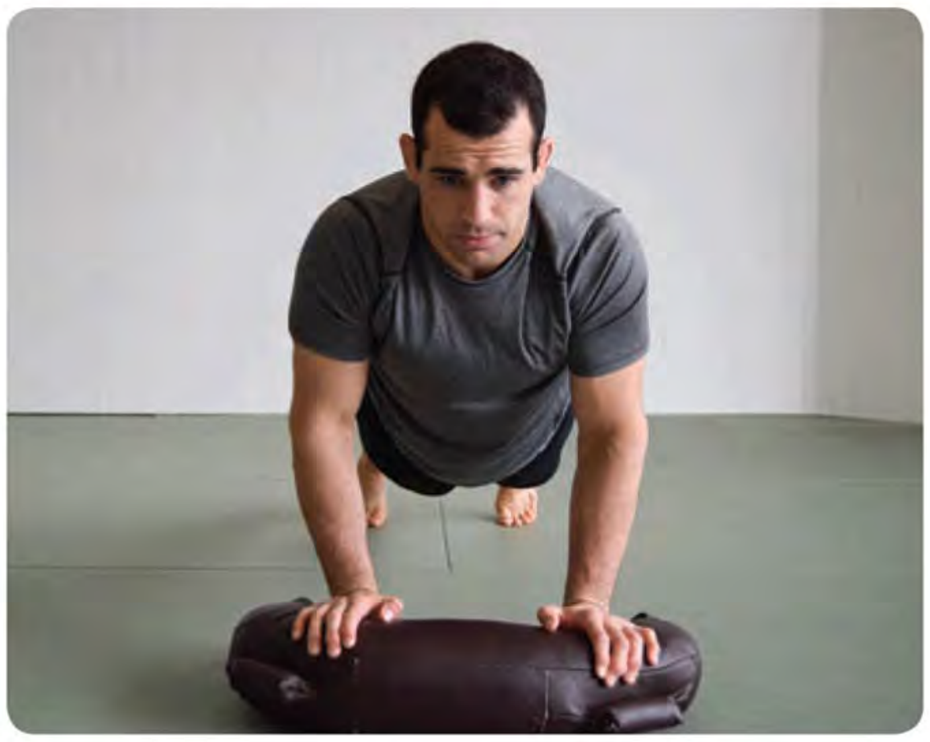
ARM THROW (10 reps)

The arm throw is all about lateral movement. With the bag resting on your back, uncoil your body and throw the bag at your opposite foot. When you transition from one side to the other, finesse the bag onto your other shoulder and reach your butt back as if you were sitting on a chair.



PUSH UP (10 reps)

Keep your arms in close and your core tight. As you descend, squeeze your elbows close to your body, think as if you are in side control and must stay tight the whole time. Maintain this position and you ascend to the top position as well.



Try this circuit for a mix of classic and Bulgarian Bag specific exercises:

4 Rounds of:

Squat 12 reps
Press 12 reps
Curl 12 reps
Plank Drag 12 (6 each arm)
Spin 10 each direction

PLANK DRAG

This is a very functional move that will transfer well to the jiu-jitsu mat. Maintain a plank or push-up position as you reach underneath your body for the bag. Pull the bag along the ground while keeping your core extremely tight. Do not allow your hips or body to turn, but keep everything facing the ground. Do not allow your hips to come up or sag, maintaining a plank position the entire time. JJM

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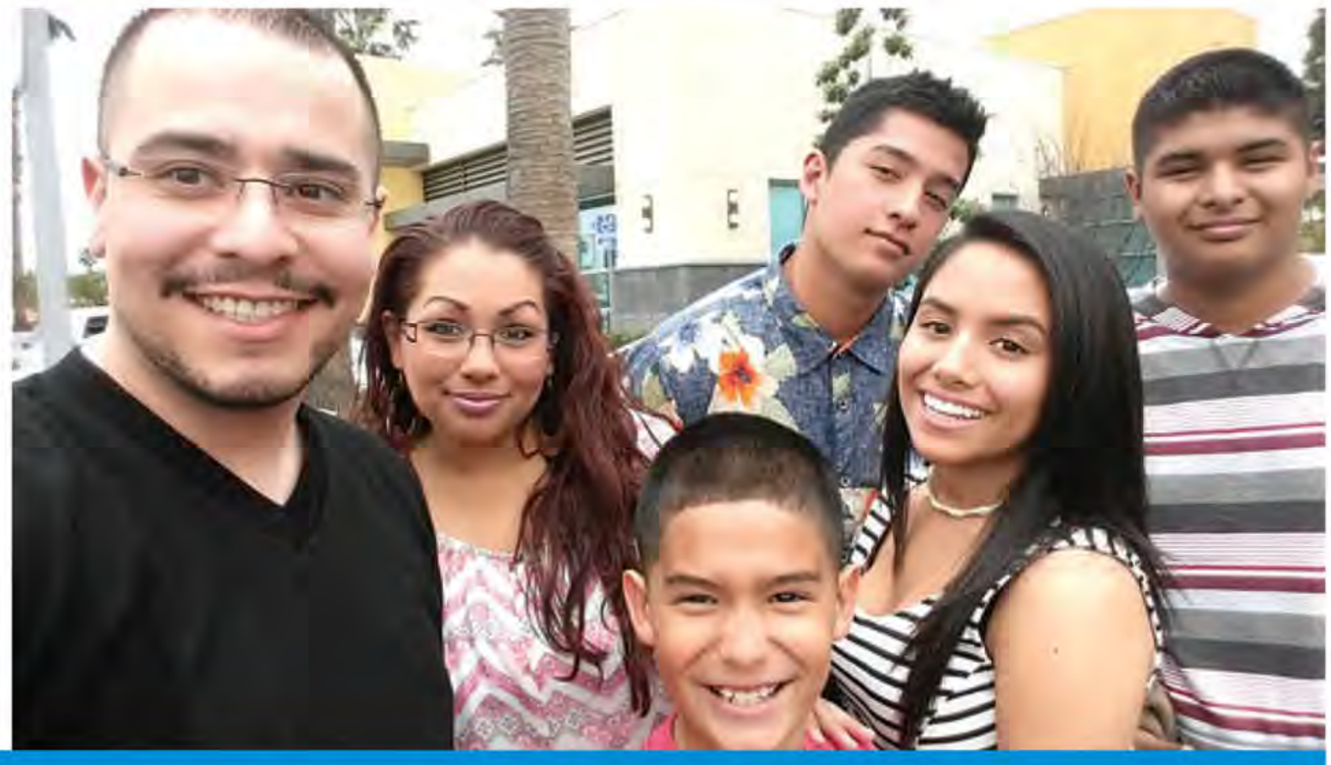
MANNY PEDROZA

WITH WRESTLING ROOTS, MANNY PEDROZA WAS DOING JIU-JITSU WITHOUT EVEN KNOWING IT. Later in life when fitness and health were not even on his radar he rediscovered jiu-jitsu and has used it as a catalyst to become the father he wants to be while improving his health and so many other aspects of his life.



Age: 38 | **Height:** 5'9" | **Starting Weight:** 260lbs
Current Weight: 180lbs | **Belt Rank:** white
Hometown: Chino, CA
Home School: Millennia MMA, Chino Hills, CA
Instructor: 4-time MMA champ, Manny Tapia.

How did you discover jiu-jitsu?

My mom, Irma Acevedo "La Tigresa" was a world champion luchadora. She strongly believed in honor, discipline and always being able to protect yourself. I discovered jiu-jitsu when I was in 7th grade, at Garvey Junior High School in Rosemead, California. She signed me up to be on a wrestling team taught by UFC referee, Larry Landless. Besides showing us how to wrestle he would secretly teach us the great art of jiu-jitsu long before we even knew what it was.

What motivates you to train?

I got motivated to train because I was living a very unhealthy lifestyle and was way overweight. I had such high blood pressure and cholesterol that I passed out four times and had to be admitted to the hospital. Being a father of four, Manny Jr., Destynee, Christopher, and Marcus, I wanted to be there and be a great example for my kids and wanted to make them proud of their dad. Instead of having a dad that sat around and did nothing.

What else do you do for physical fitness?

I run on the treadmill for a good 3-1/2 miles about 4 times a week, also a lot of sit-ups and push-ups, pull-ups, and weight lifting; n thing too heavy, but a lot of reps. I also enjoy swimming and, of course, the sauna after.

How have you changed your diet?

I've changed my diet dramatically. I went from eating out all the time to good balanced home cooked meals. I eat a lot of chicken, brown rice, and vegetables. I have to say that I make the best protein shakes, lol. I eat a lot of small meals throughout the day. A lot of people think being on a diet means you don't eat at all, that doesn't work. You don't want to starve yourself. You have to eat well and put gas in your tank, or else you're just burning muscle and not fat.

What's been the biggest challenge so far?

One of the biggest challenges for me in this journey has been dealing with negative people. People that don't honestly care about me but don't want me to succeed. That's when you just can't listen to what those people and chase your dream. Don't let anything or anybody get in your way. You've got to get "I can't" out of your vocabulary. Don't even let it be an option. I don't have that "I can't" mentality like I once had thanks in part to jiu-jitsu. Most important for me, what keeps me going is my strong belief in my Lord and Savior Jesus Christ. He never tapped, why should I? Anything is possible!

What advice would you give to someone looking to make the same sort of change?

The best advice I can give anybody would be never to give up and believe in yourself! When you hit that wall and believe me, you will, break through it. Keep pushing. Stay positive. You're capable of great things. Always look forward. *jjm*

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